

## PROTECT

Ensure a safe environment for mom and baby. Answer the door when visitors come and if its not a good time, gracefully turn them away. Screen calls if mom is resting, send pictures of baby to freinds and family if mom needs time. Buffer against unwanted advice. Provide a home where mom can care for baby in a safe, relaxed, unpressured environment.

# D A D



## SUPPORT

Encourage mom. Make sure she has needed supplies and access to support, especially for breastfeeding.

## PROMOTE

Allow mom more time to breastfeed and care for baby by ensuring the household is running efficiently by doing household chores and other necessary duties.

## PARENT

Feeding is not the only way to parent and bond with baby. Skin to skin contact, burping, changing diapers, bathing, dressing, holding baby around the house and on walks, putting baby to bed, taking baby in & out of the carseat, ensuring safety of baby, talking to and singing to baby, playing with baby & attending doctor appointments are ways babies bond with their fathers and learn trust, confidence and security in a way only fathers can teach. Tune into and trust your paternal instincts. And never stop reading to, talking to and exploring the world with ***your child.***

