

How Dads can help





Mums need all
the help and
support that
Dads can give.

While Mum is pregnant

- Go with Mum to antenatal classes.
- Eat healthy and be active with Mum.
- Help around the house, so Mum can rest up.
- Take care of the other kids sometimes.
- Be patient with Mum – her moods will get better!

Feeding Baby

It is good to decide how Baby will be fed, before he is born.

Breastfeeding
is best for both
Baby and
Mum.



Breastmilk gives Baby everything he needs up to around six months. Breastmilk is good for Baby up to two years of age or older.

Sometimes
Mums need
support when they
are learning how
to breastfeed.



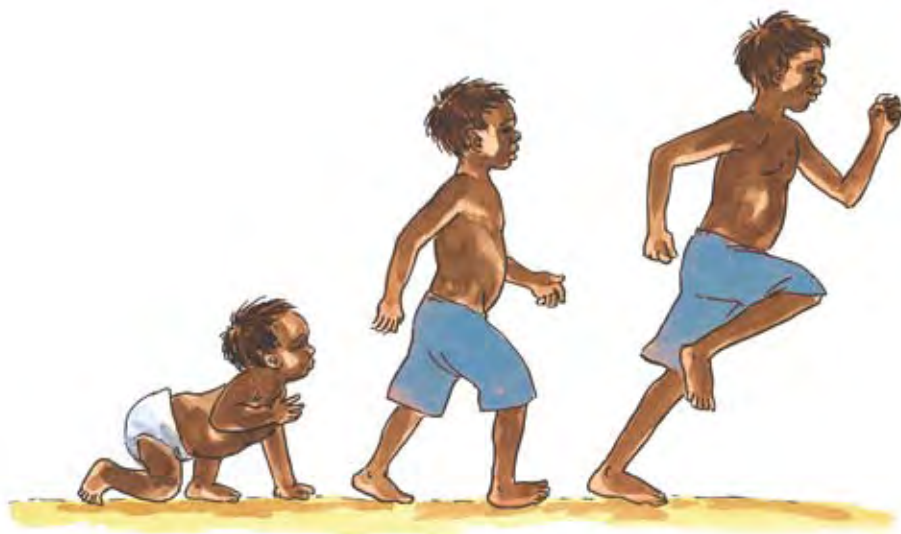
Spend time with Baby so Mum can rest up.

- Rocking, talking and singing to Baby.
- Bathing Baby.
- Changing Baby's nappies.

These are good ways for Dad to get to know Baby as well.

Having gaps between your children

Having gaps in between your children can allow time for Mum and Dad to have one-on-one time with Baby before the next baby comes along. It can give you and Baby time to get to know each other.



Having gaps of a couple of years between your children gives Mum's body time to heal after having Baby. It gives her body time to get ready for the next baby.

Smoking

Encourage Mum to stop smoking during her pregnancy and after Baby is born. You can support her by giving up too.

Marijuana (gunja, yarndi) smoking can harm Baby too.



Ask smokers to smoke outside.
Make sure no-one smokes around Baby.

Drinking

If you have had too much to drink, you are not able to care for yourself or your family properly. If you want to have a drink, make sure you don't have too much. If you know you are going to drink a lot, make sure that your family will be safe and well cared for.

If Mums drink when they are pregnant, the alcohol can do a lot of harm to Baby. Mum will need your support to stop drinking.



Growing healthy kids

Good food and drinks for kids

Dads can teach kids to enjoy healthy foods and drinks. Encourage the kids to drink water or milk, not sugary drinks like soft drinks or sports drinks.



Active kids

Don't let your children spend too much time playing video games or watching TV. Make time to play outside with the kids. When they get older, take them fishing or hunting with you.



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Note: in this pamphlet we talk about Baby as 'he' but all the information in here also applies to girls!

For more information contact your local health worker