

How Dads can help



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Queensland
Government

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!

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



Feeding Baby

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

*Breastfeeding
is best for both
Baby and
Mum.*



Breastmilk gives Baby everything needed up to around six months. After starting on solid foods at around six months, continue breastfeeding Baby up to one year of age and longer if desired.

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

Spend time with Baby so Mum can rest up

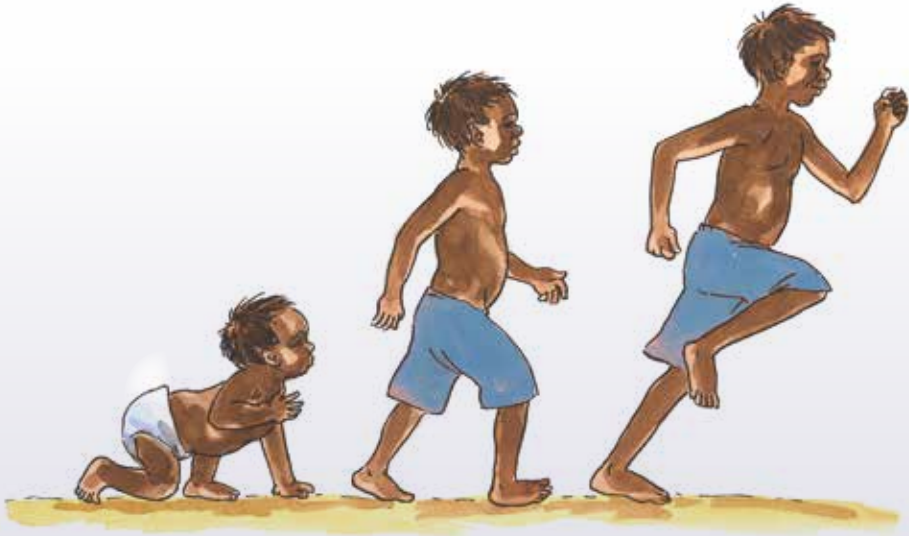
- Rocking, talking and singing to Baby.
- Bathing Baby.
- Changing Baby's nappies.

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 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, including in the car.



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.

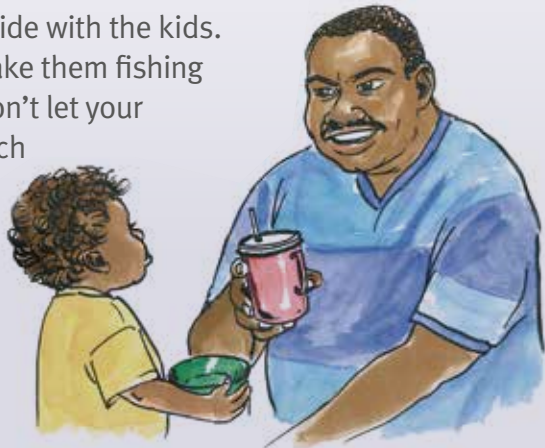
Growing healthy kids

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

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



Growing Strong

Feeding you and your baby

For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).



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