



Dad I'm here!

Dad I'm Here! - Ideas Sheet

It is beneficial if you can both try to get sleep when you can. You will both be sleep deprived, but you can help yourselves as much as possible, eg. take turns in sleeping-in, or alternate having naps when you can. If you end up bottle feeding, or your partner is happy to express, be prepared and willing to do some of the night (or day) feeds (sometimes this just isn't practical) but you can at least discuss the idea.

Be prepared for a lot of crying during the "baby blues" (hormone changes, usually a few days after birth, lasting from days to weeks). Be sensitive. It will pass, and if not, to talk to her about the two of you getting some support through a GP, Child Health Nurse, etc. beyondblue.com.au is a great website.

Give your partners' body time to recover. If you watched the pregnancy and were at the birth, you will know it has been through some amazing challenges over the past 9 months. Make sure you talk about sex before you try going there. If she is not ready, massage can be a nice alternative in the meantime. Your partner may also be feeling very different about her body. Be aware of and sensitive to this. Try and spend one-on-one time with your partner just the two of you, to help maintain your relationship.

These are examples from this ideas sheet

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