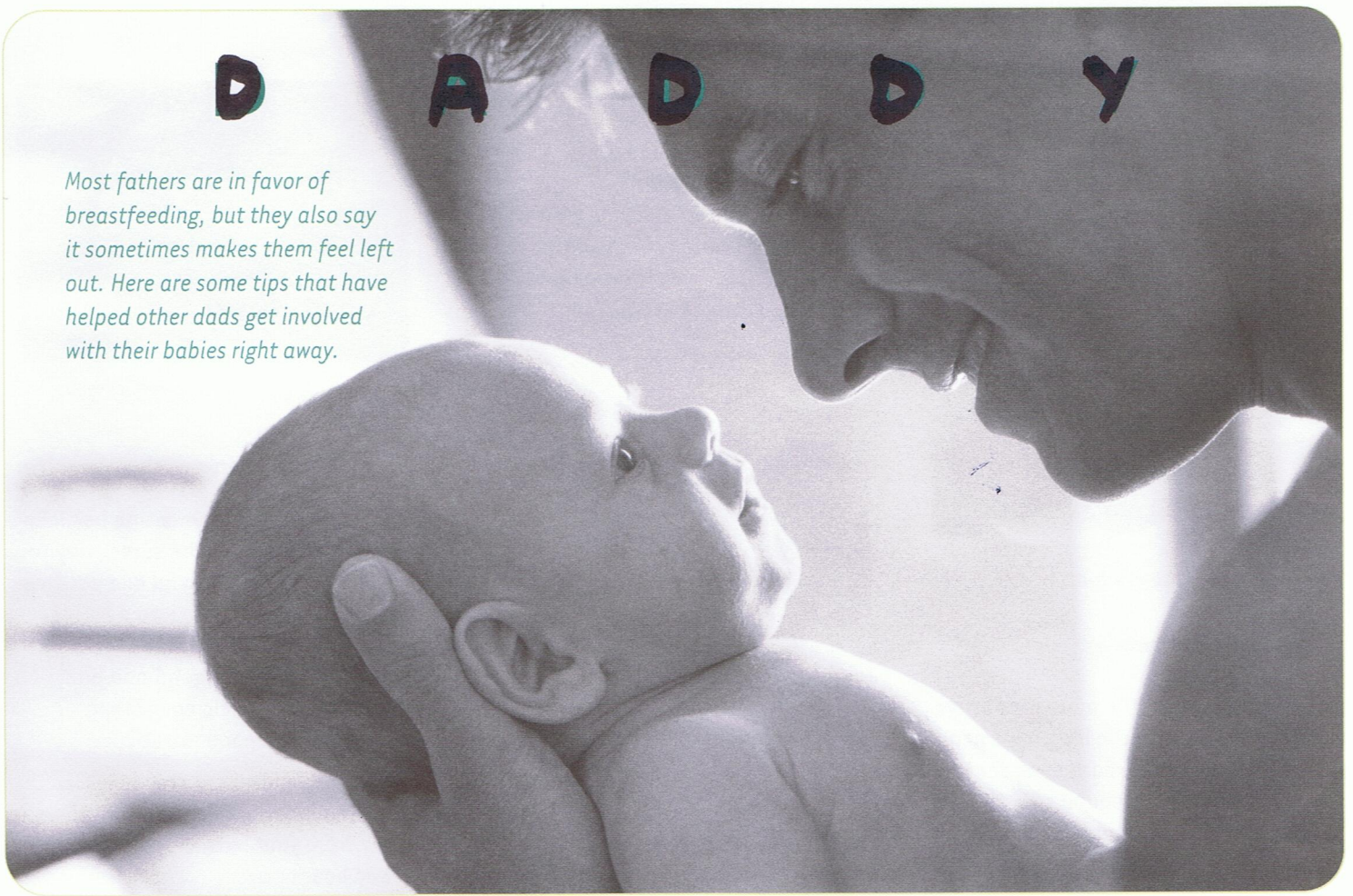


D A D D Y

Most fathers are in favor of breastfeeding, but they also say it sometimes makes them feel left out. Here are some tips that have helped other dads get involved with their babies right away.



Bonding with your breastfeeding baby takes work, but the payback is priceless

Do what dads do best

You may not know it, but simply being male gives you some ready-made fathering tricks your baby's going to love.

- Your deep voice is soothing. Babies really seem to respond and relax when they hear the deep, rumbling sound of a male voice. Talk and sing to your baby.
- Your wide, flat chest is a great place for your baby to nap when you lie down to read or rest and also makes carrying your baby in a soft baby carrier easy.
- Your skin feels good to your baby, and he's going to want lots of skin-to-skin contact. Make bath time your time. Change diapers often. Just hold him against your bare arms and chest.

- Your strong arms and hands are perfect for the football hold, or colic hold, when your baby's fussy. Tuck her against your body like a football, her tummy on your forearm, head in the crook of your elbow. Grasp her diaper firmly while your arm and palm press on her tummy. Sway back and forth, rock, or dance.
- Make room for private dad-and-baby time. Spend time just watching his sounds and movements so you can learn to read his cues and understand what he wants.

- Just hang out. Go for walks with the stroller, go shopping, take trips to the hardware store; do as much as you can to be together.
- Have fun! Dads are usually more playful and physical, and, as your baby grows, he'll look forward to that special dad-play.
- Just be yourself! Dads have their own unique ways of caring, and babies love it. Studies show that fathers who actively take care of their newborns can be just as nurturing as moms.