



BABY STEPS

Hey Dads and Partners!

Before your baby arrives

- Go to pregnancy checkups so you can hear the baby's heartbeat. And do not forget to go for the ultrasound. It is very exciting to see your baby for the first time.
- Attend childbirth and parenting classes with your partner. Call Alliance at **510-747-4577** to find a class.
- Help out around the house. If you have other kids, offer to take care of them. If you have a cat, empty the cat litter box because it is not safe for a pregnant woman to do it.
- Remind her to eat healthy foods and walk with her every day.

The BIG DAY is here!

Whether she has a vaginal birth or c-section, your job is to pamper mom and support her. In case you are wondering what to do, read the Rules below.

Rule #1: Make sure to be there at the hospital during labor and birth.

Rule #2: Let her make the rules. If she wants a massage, give her one. If she wants you to leave her alone, stand by for a bit. She could change her mind at any time.



Does it seem like everyone's talking about mom and the baby? Do you feel left out?

We think dad/partners are important.

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- Rule #3** Encourage her. Talk about the baby. Tell her when you see that little head coming out.
- Rule #4:** Help her relax. Make her laugh, if you can.
Hold her hand, unless she tells you not to (see Rule #1). If you took childbirth classes, this is the time to try out all the tricks you learned.
- Rule #5:** Keep her comfortable. Help her change positions. Call the medical staff if she needs something.

Finally, your baby is here. Now what?

As a parent, you hold a special place in your baby's life. Be involved by...

- Singing lullabies and rocking baby to sleep
- Giving baby a massage and bath
- Helping a nursing mom by bringing her food and a tall glass of water
- Helping mom find breast feeding support, if needed. Call Alliance at **510-747-4577** to connect with help.
- Changing baby's diapers
- Going to the Well Baby visits at the doctor's office

This is just the beginning. Stay involved in your child's life as he or she grows. In return, you will get smiles, giggles, kisses, and hugs. There is nothing like it.



Take care of yourself

- Do not be afraid to ask family and friends for help.
- If you smoke, this is a good time to quit. Being around smoke can hurt all family members, especially your baby.

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