

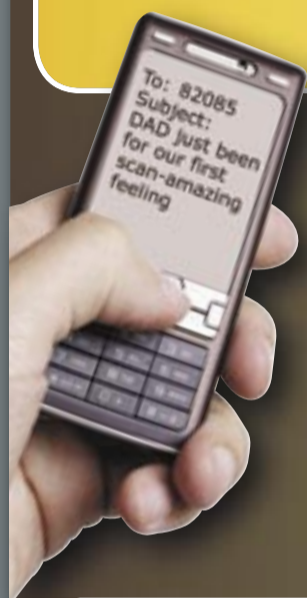


THE POCKET GUIDE FOR NEW DADS



Top tips on health

Want an idea for the birth that you (and your baby) will never regret knowing? Text DAD to 82085 now.



- Just text DAD... (and if you add a message we'll put it on the homepage of www.dad.info)
- Your text costs £1 and you'll pay for five of these pocket guides for other families

Get your top tip and help us help other families!

We'll just send you a useful tip - no subscription, and we won't keep your number.



GET SOME ANSWERS TO THOSE IMPORTANT QUESTIONS WE ALL HAVE. www.nhs.uk/babylifecheck

This card is brought to you by a partnership between Parentline Plus, Relate, One Plus One, Family Info Ltd and lots of wonderful midwives and other health professionals.

Comments? mail: info@dad.info

The best stuff for MUM and dad together... OUR TOP RECOMMENDATIONS

Where to get confidential help...

Note these three websites so you know them when you need them!



Lots of couples find it hard after a baby. Don't fall out because of money worries, work pressures or exhaustion. thecoupleconnection.net A private space for parents to work it out.

thecoupleconnection.net



Babies might not come with their own instruction manual, but Parentline Plus supplies the next best thing.

Confidential free advice 24/7 for new dads, from someone who understands.

By email: parentsupport@parentlineplus.org.uk

On our website: www.parentlineplus.org.uk

By phone: 0808 800 2222 (free from landlines and most mobile networks)

Parentline Plus is the operating name of FamilyLives. Charity number 1077722. Company number 3817762.

www.parentlineplus.org.uk

A new baby can bring happiness but can also change your relationship and create tension between your own needs and your new family responsibilities.

Relate is the leading provider of relationship support offering counselling, ideas, guidance and information on the range of experiences that new Dads face.

You can talk to our relationship experts face to face, by email or by phone – or instantly through our Live Talk and SMS services at www.relateforparents.org.uk

For your nearest Relate call: 0300 100 1234 or visit www.relate.org.uk

For support in Scotland call: 0845 119 2020 or visit www.relationships-scotland.org.uk

relate the relationship people



Essential buys...

And we have the best offers on them all!

Mum, Dad and baby:

Raising happy children together



Out in March 2010.

We wrote this book ourselves because no-one else seems to write about the big issues at home when baby is born - who does what in the house, who earns the money, what happens to our relationship with each other? Experts tell us that all these things are really important when it comes to bringing up happy children.

Full colour throughout.

£8.99, with £2 off on www.dad.info only

Being Dad DVD



"Hear from real dads, with no-nonsense advice from British experts.

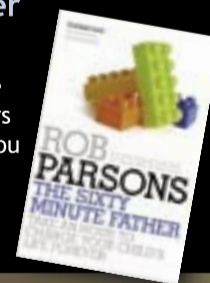
Covers 26 topics: Conception, pregnancy, finance, sex, birth, what not to say to your partner and much more.

Ideal for couples to watch together. Sit back, grab a beer, press play, have a laugh and learn a little!"

£19.99, with £2 off - only if you buy on www.dad.info

The 60 Minute Father by Rob Parsons

In our opinion the best little book ever written for fathers - it takes an hour to read. You have 6570 days before your child leaves home - manage your time with them.



£7.99 with £2 off, only on: www.careforthefamily.org.uk/dadinfo

And for free info, don't forget www.dad.info



Every week we scan the internet for new stuff for dads. We can send you the best of it by email, RSS or on Facebook or Twitter.

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Essential information for dads and mums...

Your baby's health: top tips

- Never leave the room when your baby is in the bath. They can drown in 2 inches of water.
- Make your home safe: there's less chance your baby will come to harm.
- Putting your baby in a car seat is key to keeping them safe. The law says you must put your baby in a car seat and the seat must be properly fitted.
- Immunisations help protect your baby against many very serious diseases. Babies can fight diseases. they come into contact with if they have been immunised against them. It's never too late for your baby to be immunised.
- Did you know? - a hot drink can still scald more than 20 minutes after you make it.


 For more info
www.dad.info/health

Post natal depression

After the birth: keep your eyes open for signs of depression in your partner and yourself.

- While around half of all new mums get a bit down a few days after the birth, one in ten can develop post-natal depression.
- Dads can also get depressed after the birth of a child - and you're especially at risk if your partner is feeling low.
- Don't ignore it - parents' depression can really harm a baby's development: get help as soon as you can.


What to do: If you're worried that your partner or you are getting depressed, talk to your Health Visitor or GP as soon as you can.

 For more info
www.dad.info/health

Breastfeeding

Research shows you make a big difference to your partner's breastfeeding.

- Breast milk is the healthiest option for your baby's development and for your partner.
- Support her choices and offer your help.
- Offer practical support - help her find privacy and comfort.
- Let her rest and keep visitors and her housework load to the minimum.
- Your baby needs to bond with you. Feeding is not the only way. Try the Hello Dad DVD on dads and babies on www.dad.info.

 For more info
www.dad.info/health

Your relationship

We asked Kids in the Middle, a campaign backed by 25 national newspaper and magazine Agony Aunts, for tips on staying happy together after a baby.



kids in the middle

'Who does what' in the home is the number one cause of arguments between new parents.

Many new mums and dads plan to share the baby care. But then reality kicks in; dad returns to work, mum develops expertise, and - bang! - he starts feeling like an outsider, she starts feeling like a drudge - tensions and disappointments creep in.

Plenty of dads want to do more but face barriers:

- Your family needs money and most employers expect long hours for a good salary and career. This is a big pressure on the main earner.
- People often expect mums to be carers and dads to be earners. Going against this can be hard and quite frightening for some people.
- Exhaustion is normal, postnatal depression is common; they are very difficult to handle.


About 1 in 5 new parents get on better after their babies arrive. Most don't. If parents feel they're leading very different lives, their relationship is more at risk.

When we don't get on, our relationships with our children are likely to get worse. 70% of UK teenagers say mum and dad getting on is vital to their happiness; 30% of parents think this. The teenagers are right.

- Talk about hopes and fears. Take turns, weekly, to talk about them. Sometimes just admitting feelings and being heard is enough. All worries are worth addressing.
- Don't expect to find solutions immediately. Be flexible and keep trying new approaches. Babies change fast.
- Avoid blaming - even if it is your partner's fault!
- Carve out time together - make dates so you remain a couple as well as parents. Do things you've always liked doing together.
- Keep hugging and don't cut out sex for too long - if sex gets infrequent, take note: it can indicate things aren't right.
- Ask for help if you need it - see the other side of this card for sources of support.
- Remember above all: getting on well together isn't selfish. It's probably the most important thing you'll do to raise a confident and happy child.

Have your say on www.kidsinthemiddle.org.uk.

Sponsored by Department for Children  Supported by department for children, schools and families

 For more info
www.dad.info/relationships

If you feel you are struggling, phone 0845 224 2009 to order a free copy of the Facing Hard Times guide by Deidre Sanders, Agony Aunt of The Sun.

"The advantage with dad.info is the information is all in one place and easy to find... it covers everything... including sections on money, work, education, health, relationships and entertaining kids"
the BBC

Dad's role at the birth....

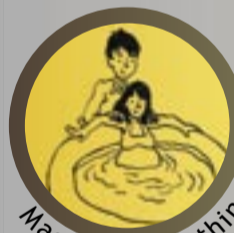
Most women want someone who loves them at the birth, and they often choose dad.

If you attend the birth, your role is to help provide a loving and calm environment - this will make the birth shorter, less painful and more positive.

If you are anxious, your partner's hormones will react and this will slow down the birth and make it more painful.

- Know what is going on. Read about birth and discuss with your midwife.
- Know what your partner wants. Help her to prepare a birthplan.
- Be part of the team. The midwives can help you in your support role.
- Provide hands on practical support - massaging, holding, listening.

If you think you may not be able to overcome your fear on the day, why not think with your partner if there is someone else that could be at the birth for her instead of you? Discuss it with your midwife.



Massage in birthing pool



Semi-sitting



Kneeling over bed back



Massage kneeling on all fours




Kneeling on bed supported by partner



Standing, leaning forward on partner



Supported Squat

 supports the Campaign for Normal Birth. www.rcmnormalbirth.net

Your paternity leave

In the UK, employed new dads are entitled to 2 weeks (10 work days) statutory paternity leave, paid at just over £120 per week (your employer can top it up). Remember that you need to let your employer know your intention to take leave before the 25th week of pregnancy.

Financial help for UK families from the Government

Make sure you get what you're entitled to.

- **Health in Pregnancy Grant**
£190 grant for every baby, claimed between week 25 and due date.
- **Child Benefit**
For every child's family till child is 16.
- **Child Trust Fund**
£250 voucher to invest for when child is 18.
- **Child Tax Credit**
Income top-up for families with household income less than 66K or less than £58k after the child's first birthday.
- **Working Tax Credit**
Income top-up for people on low incomes.

 For more info
www.dad.info/money

Free information from www.dad.info:

- Email antenatal course each month of your partner's pregnancy.
- The best new stuff for dads anywhere on the internet sent to you by email, RSS, or on Facebook or Twitter.




Registering the birth

Your baby's birth must be registered. To be recognised as the father legally, you need "Parental Responsibility" (PR).

- You have PR automatically if you're married to your baby's mum: either of you can register the birth (take your marriage certificate).
- If you're unmarried, you must both register - by both going to register or by one of you taking a signed declaration form from the other.
- You must register the birth within 42 days in England and Wales (21 days in Scotland).

If you're unmarried and you don't sign the birth certificate, you aren't the father in UK law.

 For more info
www.dad.info/expecting/legal-stuff