

WELCOME DADS

An involved dad is important to a baby's first months and years of life.



Dad's Guide to Newborn Care
WIC Connecticut



Pro Tip!

Breastfeeding is not easy, so give mom plenty of encouragement and support and provide her with water and healthy snacks



Paternal Mental Health Fact Sheet and Resources
1 in 10 fathers will experience depression or anxiety during pregnancy or the first year following.



Dad Support Group
Postpartum Support International



Pro Tip!

- Limit visitors
- Help with daily chores
- Check up on mom



DadsAdventure Base Camp (FREE) and
Welcome to Fatherhood E-Guide (\$10)



Pro Tip!

Be a hero, change diapers!