

Pāpātanga

Welcome to fatherhood



Now your
baby's here, the
fun really starts!

These tools will help you
bond in the first few weeks...

tākai



Don't worry...

You'll handle pēpi differently but as long as you're gentle and support your baby's head, it's all good.

Te hinengaro mīharo

Every time you hold, talk to and play with pēpi, you are helping those brain connections grow!



Taking care of us

- Life with a newborn is full on – you'll both be working hard.
- Be kind – it takes a while to recover from giving birth.
- Listening, joking, hugs, cups of tea, making dinner and doing the washing – it all helps.



If your partner's acting strange or obviously not coping, it could be post natal distress (men can get this too). Get help early – talk to your partner, your midwife, doctor, Well Child or Tamariki Ora nurse.

Try depression.org.nz or call the depression helpline 0800 111 757

Urgh, sleep!



Lack of sleep affects most parents of newborns and it can be really hard on you both. To get through:

- Take turns to nap, try blocking out noise with earplugs.
- Sleep when pēpi sleeps.
- Put baby's bed in your bedroom – night feeds are easier – and it's safer.
- Go easy on yourself and each other – this phase won't last forever.

**Up all night with baby...
mustn't miss my stop...
Snort...Snuffle... Zzzzz...**



Some useful tools for soothing baby...



- Singing and talking – chest to chest – babies like the vibrations
- Burping, they need help to release gas
- Bathing and dressing
- Changing nappies
- Gentle mirimiri.



Crying...



Can we fix it? Not always

When your baby cries they're trying to tell you something. They might need a:

- kai
- nap
- burp
- nappy change
- quiet cuddle with just you or mum
- layer of clothing to be removed or added
- walk in the fresh air.

Tip
Try the colic hold
(see photo). It's great for
calming an upset pēpi.



**Keep this on
your fridge**



Losing it?

When pēpi cries a lot, it's stressful for both parents. If you're getting wound up:

1. Put pēpi somewhere safe (like the cot).
2. Go into another room or outside.
3. Breathe deeply for at least one minute to get yourself under control.
4. Go back in when you're calm.

Out of options? Baby might be sick – ring PlunketLine or your doctor.

Useful numbers:

PlunketLine: 0800 933 922

Your doctor:



tākai.nz

For more info from
other dads who've
been there check out
greatfathers.org.nz



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