



# Just for New Dads

What to Expect in the First Year



# Introduction

Welcome  
Agenda  
Housekeeping  
Getting to Know  
Each Other

# Agenda for this session

- Introduction to Workshop
- Becoming a Family
- Growing and Learning in the First Year
- Dad and Baby Together Forever
- Wrap up/Evaluation

# Becoming a Family:



Performance



**Babies need their dads and involved, nurturing,  
responsive dads make a difference**

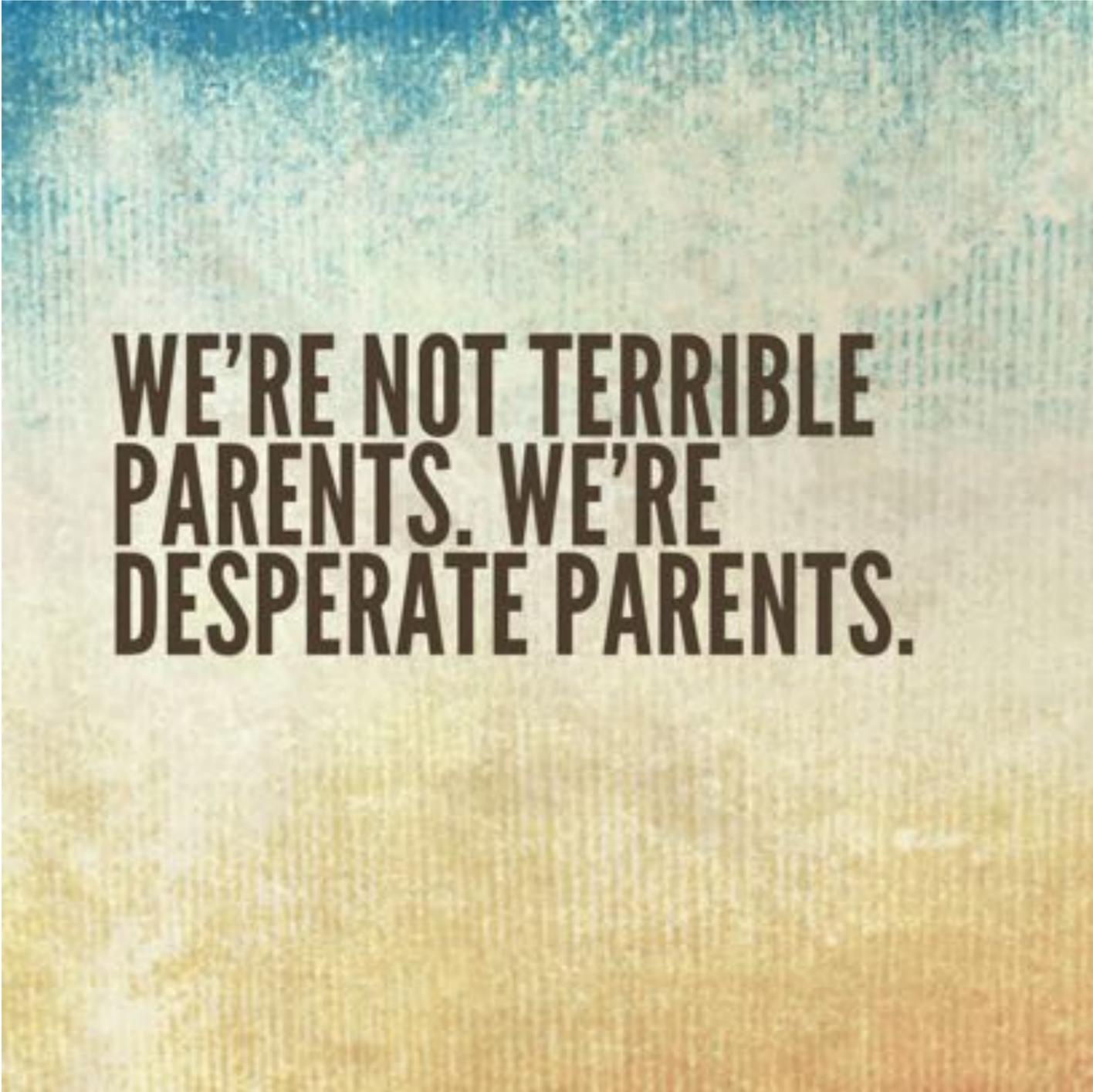
## Fine Tuning and Fun



# The Exhaust(ion) System



What we won't do for a  
good nights sleep



**WE'RE NOT TERRIBLE  
PARENTS. WE'RE  
DESPERATE PARENTS.**

# Sometimes things don't go as anticipated

- Perinatal Mood Disorder affects 1 in 5 women. It is real, and there are ways to help.
- Paternal PMD (PPMD) is also real and some estimates put it at up to 1 in 10 dads experience some form of PPMD. This often occurs for men between 3 and 6 months after the baby's birth.

# Edinburgh Postnatal Depression Scale (EPDS)

I'm fine.

**F**: falling

**I**: insecure

**N**: not good enough

**E**: empty



## “Honey Do List”

### DO:

- Acknowledge feelings and behaviour you see
- Encourage and notice (out loud) the little successes
- Reach out for support (family, doctor, support groups, public health)
- Take on some of the household tasks
- Take charge of the baby care some of the time (don't wait to be asked)
- Help mom get sleep
- Call her, leave notes, bring dinner home
- Remember this too shall pass



# **Growing and Learning in the First Year**

# Child Development



Your baby will grow and change rapidly in the first year of life. The brain is wiring with each and every experience your baby has (so is yours by the way). They go from helpless, thinking, feeling dependent little souls to children on their way to walking, talking, exploring, and social. It is an incredible time of growth, and so rewarding to watch and be part of.

It is very important for parents and caregivers to understand the age and stage their child is in (and even a little ahead). Why do you think this is?

1. Support the child's developing skills
2. Have reasonable expectations
3. Discover developmental delays early

# A little active learning

You will find a number of developmental tools. In your small groups, take a few minutes to explore each to get a taste and feel for each of them. You can discuss the following questions:

1. Is the information clear and easy to understand?
2. Is the information presented in an interesting/engaging format?
3. Is the resource user friendly?
4. What do you like best about this resource?
5. What do you like least about this resource?

**ACTIVE LEARNING**

**What I hear, I forget**

**What I see, I remember**

**What I do, I understand**





# **Dad and Baby Together Forever**

The Power of Attached Relationships

# Love Build Brains



# Daddy's Promise to his precious Baby

- On the card in your package, jot down a couple of things you will promise to try and do that will build and strengthen the attachment between you and your child.



# Fatherhood: It's the Best Job on the Planet



# This is not the End....it's the Beginning

