

JUST FOR DADS

Okay, so she gets to sport a beautiful belly that grows before your very eyes and enjoys lavish attention from everyone, including strangers. No need to worry, dads. You will be the apple of your baby's sparkly eyes and the most important man in your baby's life. Veteran dads and moms will tell you that a baby changes everything—instantly. That's why the March of Dimes is celebrating and supporting YOU this Father's Day and everyday.

Before Baby

Planning together for the baby's arrival is a rewarding experience. As a father-to-be, you can start preparing for your new son or daughter's arrival. This includes supporting your partner through this exciting and sometimes confusing time by getting involved. Take an active role in learning about childbirth and parenting through reading books, researching on the Internet, and attending childbirth education classes with your partner. Attend as many prenatal doctor visits with your partner as possible. Don't be afraid to ask questions during the visits. Being present for an ultrasound, a test that uses sound waves to take a picture of your baby, can make the wonder of birth real to you too. Encourage your partner to stay healthy during pregnancy. Start an exercise routine together and plan healthy meal choices. Think about what you want for your baby and create a vision for a welcoming, nurturing haven for your new arrival. Spend time shopping for baby items together.

Congratulations, You're a Dad!

Be patient, this is new for all three of you and takes a little getting used to. This is the time when you are going to need to work together and support each other. Find your own ways to connect with your

new baby. Take charge of bath time, change diapers, or be the first one to introduce him to squeaky toys. Remember that new babies love to nap on their dad's chests.

Bonding as Your Baby Grows

As the baby gets older, you can start memorable routines. Have daddy-and-child bonding time with a special activity. Taking swimming lessons or tumbling classes with your baby can be a great way to make memories. If you love the outdoors, plan a nature hike through the park or a trip to the playground. No matter how you plan to spend time together, those special memories can last a lifetime. Visit marchofdimes.com and go to the Pregnancy and Newborn section where you'll find great resources Just for Dad.

SHOPPING TIPS FOR BUYING INFANT CLOTHING

Look for fabrics and seams that are soft and sturdy. Do not use clothes with scratchy appliqués, metal zippers, drawstrings, or tight or scratchy elastic bands.

Make sure sleepwear is made of flame-resistant fabric or that it fits snugly. Loose-fitting sleepwear that is not flame-resistant is a fire hazard.

Look for clothes that are easy to put on and take off. Try tops that open in the front or snap on the sides. Choose pants that have loose elastic waists and legs that snap open or have Velcro.



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