

# Tips for Dads

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- **Focus on giving hands-on help** with the practical things such as taking turns to settle the baby at night and let her know she has your emotional support too. Take on some chores you wouldn't usually do, without waiting for her to ask you – do the laundry or cook dinner, it doesn't have to be fancy, just on the plate is good enough.
- **Encourage your partner to seek professional help** for her feelings of distress and encourage her to keep all her child health appointments for herself and for your baby. Drive her there and go along with her to the appointments as much as possible.
- **Ask for help** from family and friends, don't wait for them to offer – they can pick up some shopping, baby-sit, or cook a meal – simple things, they all help.
- **Try and make her feel valued** for the things she does manage to do – even if it's not very much by her usual standards and you feel she is not noticing your own efforts. It's really important that she gets positive feedback - from you.
- **Share your own concerns** and discuss feelings in a constructive way: effective communication is the key.
- **Stay active.** Remember to take time to exercise or play sport where you can release pent up energy, without staying away from home for too long.
- **Take your partner out** on a regular basis – with or without the children.