

Congratulations you are becoming a Dad

Below are some frequently asked questions

1. When should I start talking to my baby?

It is never too early to build up a bond with your child. We know babies get used to the sound of familiar voices even before they are born and find these voices reassuring and comforting.

2. How do I bond with my baby?

Bonding with your baby is a fairly straightforward process. Spend time with your baby, reassure, hold, cuddle and talk to your baby.

3. This is my first baby how will I know what to do?

Becoming a father is like many things in life, practice makes perfect. Be involved from day one in the routines. If your baby is being bottle fed, you can help with the feeding, if not support your partner while she feeds the baby. After the initial euphoria you will both be tired and in need of support from one another.

4. When should I begin to read to my baby

We now know 80% of human brain development occurs in the first four years of life, therefore reading to your child as early as possible helps develop early language and communication skills. Babies learn speech from hearing speech not from TV or DVD's. The more input your baby receives at the early stages the easier they will find learning later on.

Mencare2 will always be available to offer advice and support.

Having a child can be like winning the Euro lottery, the World Cup and The Grand Prix all on the same day. It is once the excitement dies down that your partner will need a lot of support. Many women will experience the "Baby Blues" but on occasion the more serious condition of post natal depression. It is important if this is your situation, that you are able to recognise the signs and seek medical help. **It is equally important that YOU are able to access support for yourself this is where Mencare2 can help.**

Ongoing Support

Mencare2 supports Fathers before the Birth of their Child and provides ongoing advice and support.

You will continue to receive support from your health visitor after the birth of your child

Further advice and support is also available from Mencare2. To contact email info@mencare2.com

Telephone 0131 475 2333