

WHAT CAN MEN DO?

Fathers and other male carers can do the following for newborns and young children



WASH HANDS WITH SOAP AND WATER

- Before touching the baby
- Before and after feeding the baby
- Before and after preparing food
- Before and after changing nappies
- After using the toilet



PARTICIPATE IN FEEDING

- Encourage and support mother during breastfeeding
- Feed the baby with a cup or spoon
- Provide age-appropriate foods for the baby
- Help prepare the food
- Ensure mother has nutritious foods and liquids for herself during breastfeeding



SKIN-TO-SKIN CONTACT

- Place baby on your chest as often as possible for warmth, to reduce stress, and to strengthen father-baby bonding



DECISION MAKING

- While child is sick promptly seek care to prevent complications and follow-up on treatment recommendations
- Seek information on child's progress during care
- Participate in healthcare decisions and discussions



PLAY WITH AND SOOTHE YOUR BABY

- Talk and sing to your baby
- Hold your baby before, during, and after procedures to minimize pain and stress



STAY ENGAGED AND INFORMED

- Speak to providers directly if you have any questions or concerns
- Engage in family discussions to determine emotional and financial needs for the child