



15 TIPS FOR FATHERS

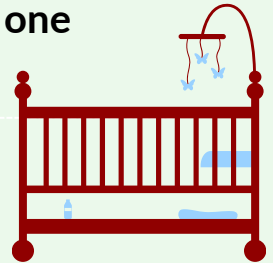


1. Connect directly with your child after birth



3. Take an active role in caregiving

2. Go chat with your little one



4. Develop your own bedtime ritual

5. Make a moment of dressing and undressing



6. Have lots of physical contact: pouching, kangarooing, love



7. Bottle feed your baby



9. Make lots of eye contact



8. Carry the baby with you



10. Play games with your child: peekaboo, dancing, jokes



13. Read to your child every day



14. Consider baby swimming

15. Find excitement in your play: romping, adventure