



Parenting Tips For New Fathers

Having your first child is an amazing gift, but bringing a child into the world can be scary. You may feel underprepared and overwhelmed. These parenting tips will help you feel more confident as a new father, so you will know how to deal with tough situations and enjoy your precious new child.

How to soothe a crying baby

Babies communicate through crying. When the tears start flowing, they are asking for something. A good way to lessen crying is to hold your baby. Babies who are held more cry less. Here are other ideas to help soothe a crying baby:

Listen to your baby

- Babies have different cries for different feelings and needs. You may recognize a certain cry when your baby is mad, sad, uncomfortable, tired, hungry, in pain, or wants attention.
- Knowing why your baby is crying will help you figure out how to soothe her.

Try the basics

- Feed the baby.
- Make sure the baby is comfortable, not too hot, not too cold.
- Try burping him or changing his diaper.
- If you think he might look sick, call the doctor.

Your baby seems ok, but is still crying

- Try moving the baby. Rock him, dance with him, or sing to him.
- Wrap the baby in a blanket and hold her.
- Move the baby to a calm, quiet place if he seems overwhelmed.
- It's OK to be creative when you calm your baby, but just remember to always be gentle.

Keep your cool

- You are not a bad parent if you cannot comfort your baby. Sometimes babies just need to cry.
- Slow down, take a deep breath, and count to ten.
- Put the baby down in a safe place, like a crib, and walk out of the room for a short time to collect yourself.
- Ask for help from your spouse, loved one, relative, or friend.
- Recognize your own limits – if you can't cope, call a doctor, a local clinic, parent group, Warm Lines, or American Academy of Pediatrics' Helpline. The Prevention and Parent Helpline is a good resource for information and referrals related to parenting concerns.