



# ROBE

Reaching Our Brothers Everywhere

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## FACT SHEETS FOR DADS

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THE ESSENTIAL ELEMENT

## SAFE SLEEP

- Place every infant on their back when sleeping to reduce the risk of suffocation and other sleep-related causes of infant mortality
- Dress baby lightly to prevent overheating
- Use a firm surface to support the baby from rolling over
- Have the baby share your room, not your bed



## HOW TO SUPPORT MOTHER AND BABY

- De-stress the house (complete household chores)
- Clean and prep breastfeeding pump pieces
- Engage in open communication about her recovery needs and desires
- Ensure she has access to food and drinks
- Assist by holding the baby during meal breaks
- Take the baby for walks to socialize and get fresh air
- Attend to the needs of older children, if applicable



## BENEFITS OF BREASTFEEDING

- Optimal nutrition for infants, providing essential nutrients, calories, and fluids
  - Offers protection against various short and long-term illnesses and diseases in babies
    - Reduces the risk of asthma, obesity, type 1 diabetes, SIDS, ear infections, and stomach bugs
  - Convenient for mothers to breastfeed anytime, anywhere, and is cost-effective compared to formula
  - Breastfeeding lowers the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure
- Easily digestible breast milk supports the baby's digestive system

# SKIN TO SKIN

- Research on the "Golden Hour" highlights its significance in maximizing parent-child bonding during the first hour of a baby's life
- Aids in regulating the baby's temperature, maintaining a regular heart rate, and stabilizing blood sugar levels
- Promotes the production of breast milk
- Diminishes stress, anxiety, and the risk of postpartum depression
- Boosts parental confidence, particularly for fathers, through the release of hormones like oxytocin, prolactin, and endorphins, fostering emotional bonding and intense feelings of love and protectiveness
- Creates a sense of safety for the baby, reducing crying tendencies



## LABOR AND DELIVERY SUPPORT

- Get ready by attending childbirth classes, reading pregnancy literature, and conducting research
  - Familiarize yourself with the signs and symptoms of labor
  - Support her by understanding her birth plan and effectively communicating her preferences
  - Assist as directed by healthcare providers during labor
- Provide distractions to keep her occupied and engaged during the labor process



## FATHERHOOD: BARRIERS AND MYTHS

- Challenges in Employment (Unemployment, underemployment, lack of time off)
- Parenting in Low-Income Urban Neighborhoods
- Difficulties with the Child's Mother, including strained relationships, lack of contact, and gatekeeping
- Absence of Realistic Role Models – Fathers emotionally detached from their feelings
- Insufficient Community and Support

## FATHERHOOD: SOLUTION TO BARRIERS

- Cherish the moments spent with your children and express love towards them
- Establish a meaningful relationship with the mother to provide solid support for the child, working on building trust
- In low-income areas, closely supervise and guide your children, while in high-income areas, educate them on safety and conflict resolution
- Secure employment or a stable career to financially support your child, demonstrating a commitment to their well-being. Allocate time off for your child and actively be present in their lives
- Treat your child the way you wish to be treated, especially if you lack a positive fatherly role model
- Cultivate relationships with other responsible fathers to create a supportive community that fosters mutual assistance



## REFERENCES

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<https://laleche.org.uk/supporting-a-breastfeeding-mother/>

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