

DAD MATTERS

Free Antenatal Groups

For *dads-to-be* and *new dads* up to 12 weeks

HOME
START



@DadMattersUK

Dadmatters.org.uk

1st and 3rd Tuesday each month
3rd Saturday of each month



I've learned to listen to myself
and not expect to be a superhero...
Thank you very much for a very
helpful class and giving me plenty



For more information:

Contact your local Dad Matters Coordinator
Email us at DadMatters@homestarthost.org.uk

Find us on social media
OR visit our website.

I feel reassured that the concerns
I have, everyone has. And feel
reassured that I have the tools to
deal with them.

Book your FREE tickets here:

Dadmatters.org.uk/antenatal-groups-online

GMCA

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in Greater Manchester

Getting to Know Your Baby

During Pregnancy and When They Are Born

HOME
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Spend time with partner and baby, feeling your baby move and kick, listening to mum as she describes how it feels and getting to know when baby is awake, active or asleep

Plan the birth with your partner, talk about expectations, hopes, dreams and worries. All of this will help to establish a place for baby in your mind and will support you and your partner to have honest conversations that will help in the future

Sharing toys is a lovely way to get that tactile or touch sense going. Holding the same kind of comforter or toy when together, or even on video or phone calls, using it to make up stories and giving it a name you can share, can all help to support your relationship.

Keeping a record of your experiences, as detailed as you'd like, will not only help you to look back and reflect on this unique time, but will be something to share with your kids when they are older. Think about a diary, video, audio and take lots of pictures etc.

Watch, wait and wonder is a useful way to get to know your baby, even if they are asleep, fussy, tired, or wide awake. Watching them and learning about their cues, waiting with them to learn how best to respond to them and wondering just what it is that they are thinking and feeling is a great way to support your bond.



Talk to them, babies can hear what's going on around them from 18-24 weeks gestation, so tell them stories, tell them about their wider family, share your day with them. Sing with them. They will recognise your voice (as they will have heard it before they are born), and they are already getting to know you.

Serve and return. Remember that your baby wants to respond to you and needs time to do that, so remember to leave a space for them after questions, and watch out for their reaction. They might not speak or make a sound, they may twitch a hand or leg, smile or move their head. Babies communicate with their bodies.

Skin to skin, and responsive touches help your baby to feel safe, regulate their emotions and learn how to settle. However much you hold them, it is never too much, and every touch, smile, word, and response to your baby is literally building their brain in a positive way.

It's not always perfect, in fact, it hardly ever is, and that's ok for your baby, but if you're not feeling ok, worried, anxious, stressed, or you think you're not coping, please reach out to us, to your partner, midwife, health visitor, GP, or even a mate or family member.



"Whenever I spoke she focused on me and smiled every time - would be good to know what goes on in her head..."