DAD MATTERS Free Antenatal Groups

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







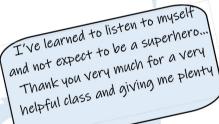




@DadMattersUK

Dadmatters.org.uk

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





For more information:

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

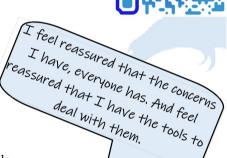
Find us on social media OR visit our website.

Book your FREE tickets here:

Dadmatters.org.uk/antenatal-groups-online

GMCA GREATER MANCHESTER COMBINED AUTHORITY





Getting to Know Your Baby





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 tovs 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.





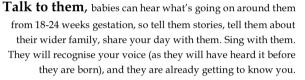








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Serve and return. Remember that your baby wants to respond to you and needs time to do that, so remember to leave a space for them after questions, and watch out for their reaction. They might not speak or make a sound, they may twitch a hand or leg,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