

NBF TOP TEN TIPS FOR NEW FATHERS

"THERE IS NO SINGLE RIGHT WAY TO FATHER."

- 1 WORK LESS
- 2 BE AVAILABLE & INVOLVED CONSISTENTLY
- 3 BATH YOUR BABY
- 4 TALK, TOUCH, PLAY, SING & READ WITH YOUR BABY
- 5 TIME - JUST FOR YOU AND BABY; JUST FOR YOU AND PARTNER; JUST FOR YOU
- 6 COMMUNICATE
- 7 LIMIT BIG CHANGES/SHIFTS (WORK OR LIVING WISE) IN FIRST YEAR
- 8 ESTABLISH A SUPPORT NETWORK OF MEN
- 9 FLEXIBILITY
- 10 EVERYTHING IS A PHASE, CELEBRATE AND CAPTURE IT WHILE YOU CAN, SURVIVE THE CHALLENGE, - IT DOESN'T LAST LONG



FATHERHOOD TAKES TIME, PATIENCE, PERSEVERANCE