

YAHOO! MALAYSIA SPECIALS



Want More Points?

Answer any question you like and get double points on us!

Get Points Now

Helping Daddy bond with your newborn

By Yahoo! Special Projects | Parenting World The First Year – Mon, Jul 18, 2011 6:01 PM MYT



With a reassurance, a few techniques and quality baby time, the novice dad can be a confident, hands-on daddy.

targeting BOTH parents, the novice dad can equally equip himself with a few, simple basics that can set him confidently on the journey of bonding and caring for baby himself—big, burly hands and all.

With a little reassurance, a few, easy techniques and quality baby time, the novice dad can be encouraged to be a confident, hands-on daddy.

"I'll just carry her when she's a little bigger, right now I just might hurt her." — Max, 26

Newborns are not as fragile as you'd think. As long as the neck is well-supported and the baby is cradled close to dad's body, chances are he/she will be quite safe in dad's arms. The trick is, when the baby is lying on his/her back, to slide the open-faced palm under the baby's neck and back by lifting one of the baby's arms. Once securely but gently held in dad's hand and the torso is braced on his forearm, the baby can be brought across dad's chest and doubly supported by his other arm. To burp the baby, dad's shoulder, the dad can lean over and gently bring the securely held baby up on one of his shoulders and then lean back to original position with baby's chin braced against dad's shoulder. Voila, he's now carrying like a pro!

"My wife and my daughter are two of the most important people in my life but sometimes I can't help but feel left out of the whole bonding process." Eric, 35

Most daddies usually find themselves being spectators in the whole baby maintenance scenario and sometimes feel unsure about what their roles are. Bonding is usually formed in the day-to-day care of baby and usually dads miss out on this since they are out making a living and babies are usually fast asleep when they get home. Mums can help include their partners by encouraging them to step in whenever they can (maybe on weekends, early mornings and holidays)—feeding, assisting in the bath, cuddling, comforting, playing, even changing diapers fosters loving contact that babies respond to. And mums, please do not hover, there's nothing more nerve-wracking than taking orders from a domineering commander with a how-to list. Give him a lot of reassurance and encouragement and let your partner build his confidence and find his own way with the baby and you just might be surprised that he can soothe him/her in a way you wouldn't have thought of. Also, take this opportunity to relax and put your feet up, enjoy the break!

"We're having a baby in a couple of months, my wife and I decided that for the first year, we will forgo hiring a nanny."

Any advice?" Derek, 30

Bravo! And yes, find a childbirth class in your community that will give you good glimpse of the responsibilities ahead. Usually, childbirth classes are taken by couples in the 7th month of baby's gestation and will tackle topics ranging from breathing techniques, hospital procedures, baby's development, nappy changing, breastfeeding, newborn maintenance and practical lists covering hospital stays, baby's equipment and the like. They also have dolls the couple can practice on for carrying, changing, dressing and nursing. From veteran mums who've gone through the classes, the experience has overall been positive and helped the couple mentally, emotionally and physically prepare for the big day. It also shows the novice dad what their roles are in the labour, delivery and childrearing stages—quite a mum/dad bonding experience that is priceless in preparing for the sleepless, chaotic nights ahead. It also helps clarify the expected responsibilities and acts as a good guideline to discuss the division of tasks—changing, bathing, feeding etc. Lastly, don't forget to enlist the help of willing parents, in-laws, family and friends who wouldn't mind stepping in to give you two a break, this will help refresh and recharge you to start another day.

ADVERTISEMENT

ADVERTISEMENT



Copyright 2011 Parenting World The First Year

Copyright © 2012 Yahoo! Southeast Asia Pte Ltd. (Co. Reg. No. 199700735D). All Rights Reserved. /