

24-HR
24-HR CRIBSIDE ASSISTANCE

newdadmanual.ca

THE NEW BABY MANUAL
FOR DADS



Index





PERFORMANCE
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WARNING!

Now that you're a proud father of a new baby, here are a few tips on getting the best performance out of your model.

WARNING! Your baby requires a "breaking-in period." You need to spend lots of time during this "breaking-in period" to get to know your unique model. Free time might be limited. You might wonder what you've gotten yourself into, but be patient. Remember, mom has been test driving this model for the past 9 months and has a head start. Before you know it, you'll be head over heels in love.

It is important to start a good routine of regular maintenance. The baby will become much more portable and flexible as days go on. Taking care of such a small baby may feel awkward at first but the sooner you get to it the faster you will become comfortable in the driver's seat.

Performance

It has been shown that top performing babies have very involved fathers.

Some tips for top performance:

- Love, play with, and protect your baby to promote healthy brain development.
- Everyday activities that you do with your baby will help to strengthen the attachment between the two of you.
- Learn to read the signals that tell you when your baby needs you. You may not always know what is wrong, but your job is to try to comfort your baby.
- Make eye contact and talk to your baby. A gentle voice may comfort your baby.



FUEL CONSUMPTION
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Fuel Consumption

Feed your baby only breast milk for the first 6 months of life. When your baby is ready, begin to feed solid foods and continue to breastfeed for up to 2 years and beyond.

Give your breastfed baby 400 IU Vitamin D each day.

Breastfeeding:

- is the normal way to feed your baby.
- provides all the nutrients your baby needs.
- is free, portable, and requires no mixing or heating.
- makes for a smoother running baby (breast milk is easy to digest).
- boosts the immune system which guards against illness (just like rust proofing).
- makes for a quieter operation (less likely to be colicky).
- lets baby eat as much as needed.
- lowers the risk of ear infections, stomach and intestinal infections, and obesity later in life.

A father's support is very important for successful breastfeeding.

For a good supply of breast milk, fathers can do the following:

- Support mom and tell her she's doing a great job.
- Learn about breastfeeding together and get technical advice early.
- Run interference with family, public, meddling neighbours, or whoever challenges her decision to breastfeed.
- Try to help mom relax and get extra sleep.
- Do whatever mom asks (could be anything at any time of the day or night).
- Feed mom.
- Bring baby to mom.
- Help with positioning baby at mom's breast.
- Check baby's attachment to mom's breast (latch) during operation.
- Burp baby.
- Change baby.
- Hold baby after feedings to help settle to sleep.

To make enough breast milk, mom needs rest, sleep, and food. Your help is vital. Cooking (which also includes getting take-out from mom's favourite restaurant), cleaning, answering the phone, entertaining guests (or telling them to come back another time), shopping, doing the laundry and dishes, along with all the things you did before, are a few of the small things that will help keep the breast milk flowing.

Average Fuel Consumption

At least 8 feedings in 24 hours (amounts and times are different for every model).

Growth spurts at around 7 – 10 days, 3 weeks, 6 weeks, 3 months, and 6 months of age cause an increase in fuel consumption.

During these times, it is normal for a baby to feed frequently for 2 - 4 days. This too will pass.

Adequate fuel consumption can be seen in the following ways:

Waterworks (peeing)

Day 1: 1 wet diaper	Day 2: 2 wet diapers	Day 3: 3 wet diapers	Day 4: 4 wet diapers	Day 5: 6 wet diapers	Day 6 and after: at least 6 wet diapers	
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Septic (pooping)

Don't be surprised if every time something goes in, something comes out the other end. However, for the first month, owners should be happy with at least 3 soft poops per day.

Electrical (sleep or activity)

Expect baby to be settled and relaxed after feeding and to be active and alert at other times.

Weight

From day 4 onward, your baby should gain 20 to 35 g per day and regain his or her birth weight by 10 to 14 days, double birth weight by 5 to 6 months, and triple birth weight by a year.

*** * Low Fuel Warning:**

Get help if your baby:

- does not feed at least 8 times in 24 hours.
- has fewer number of wet diapers than shown on Waterworks (peeing) chart on page 6.
- has less than 3 soft poops in 24 hours (if your baby is 3 days or older).
- is very sleepy and hard to wake up to feed.
- has yellow skin and eyes and is not feeding well.

For technical assistance with breastfeeding call:

**La Leche League
1-800-665-4324**

**Call your local health department for further breastfeeding support and information
(see back cover for numbers).**

Call your doctor or midwife - anytime.

Visit breastfeedinginpeel.ca to view “how-to” videos.



SAFE OPERATION
SAFE OPERATION



Safe Operation

**For your baby to have a safe and long life,
the manufacturer recommends:**

- Always use a car seat.
- Read the instructions before putting together baby equipment (your baby's life depends on it).
- Keep one hand on baby at all times during baby care, like changing diapers (models may lurch and roll unexpectedly).
- Never shake a baby (shaking can cause permanent brain damage and even death).
- Put baby to sleep on his/her back to help prevent Sudden Infant Death Syndrome (SIDS).



DO-IT-YOURSELF SERVICE
YOURSELF SERV



Do-It-Yourself Service

If you think your baby makes too much noise, call your local health department and talk to a public health nurse for further information and support.

Dad's guide to effective burping (the baby that is)

- Burping is helpful to avoid build-up of gas.
- Dads can become pros at this in no time (some babies burp on their own).
- Place baby on your shoulder and pat gently but firmly on the back.
This can easily be done sitting in your favourite chair or while strolling around the house.

WARNING! Some models will eject liquid when burping (this is normal). The manufacturer recommends using some kind of tarp (i.e. blanket) on your shoulder or standing near a sink.

Five ways to calm a cranky baby

- Hold baby skin-to-skin against your chest and cuddle with a light blanket wrapped around both of you.
- While holding baby, gently bounce or walk with the baby while speaking softly ("sh... sh..." works well or point out the interesting features around your home).
- Whisper in his or her ear.
- Go for a walk or car ride.
- Be silly - sing or make funny faces.



LOOKING UNDER THE HOOD

LOOKING UNDER THE HOOD

Looking Under The Hood

Does it really need to be changed? Some dads prefer the sniff method, some peek, and others can tell by the feel of the diaper.

Oil Changes

- Girls - wipe from front to back.
- Boys - when washing, treat the penis like a finger.
DO NOT PULL BACK FORESKIN.
- Most babies will pee when they get cold, so keep that penis covered unless you want to get showered.
- Tabs come from the back of the diaper and fasten to the front.
- Cloth diapers need to be rinsed in the toilet and stored in the diaper pail.
Don't forget to dispose of the disposables.

Is it supposed to be that colour?

Black - baby's first poops are black and sticky (known as meconium). Once the baby is getting good amounts of breast milk it will change from black to greenish black to brown to yellow.

Mustard coloured - seedy, loose poops are normal for breastfed babies.

White - it is normal for girls to have a whitish jelly-like discharge from their vagina. This will eventually get cleaned off.

Red - girls also can bleed a small amount from the vagina in the first few days. This is normal and is caused by mom's hormones.

Orangey red - babies that are 1 - 3 days old may have one or two orangey-red coloured spots in the diaper. The baby is not bleeding but has passed uric acid crystals. If this continues past 3 days, call your doctor or your local health department (regional Cribside Assistance numbers are on back cover of this manual).

A black and white photograph of a man and a young boy looking at each other in profile. The man is on the left, and the boy is on the right. They are both looking towards the center. The text "DAD'S TOOL KIT" is overlaid on the image in a bold, sans-serif font. The text is white with a black outline, and it is positioned in the lower half of the image.

DAD'S TOOL KIT
DAD'S TOOL KIT



Dad's Tool Kit

Your tool kit should contain:

- diapers - at least 3 or 4.
- wipes or washcloths.
- change pad.
- complete change of clothes for baby (pick an outfit you can put on easily).
- diaper cream (if using).
- plastic bag (for dirty diapers).

Sometimes as a dad you may feel awkward, but as your baby grows you will develop a very special relationship.

Even though it may seem like mom is in the driver's seat, take responsibility for some aspect of regular maintenance like the bath or bedtime.



FINE TUNING AND FUN

TUNING AND FUN



Fine Tuning and Fun

Exhaust(ion) is likely with a new baby. Your baby will not sleep through the night for several months. Babies are designed to wake up and refuel every few hours. Eventually, they will start sleeping longer. In the meantime, try to take turns at sleeping-in, going to bed earlier, and napping.

When will we ever have sex again? Remember that after having a baby, mom needs time to recover – physically and emotionally. Good communication and not rushing mom helps. Don't forget to use birth control. Condoms and foam are a good choice if mom is ready for sex before she sees the doctor at around 6 weeks. Mom may be hesitant at first. However, with time (and some sleep), this should pass.

For a well-tuned family, it is important to talk to mom and maintain your relationship as a couple. Talk about something (anything) other than the baby. Remember, mom drives this model all day. You may be worried about balancing work and home. Talk to your partner about it. Plan time together. Go on a date.

At times you or your partner may feel overwhelmed. It is important to talk about this with each other, a counsellor, or contact your regional Cribside Assistance number (refer to back cover).

Troubleshooting

Problems	Causes	What to do?
Crying baby	• Hungry • Tired • Gas • Boredom • Uncomfortable • Smelly or damp	• Have your baby fed. • Rock baby gently in your arms. • Hold your baby skin-to-skin. Babies find this soothing. • Burp baby during and after feeding. • Hold baby and rub his/her back while walking around your house singing your favourite tunes. • Change baby's surroundings. • Make sure baby is not too hot or too cold. • Dress baby as you are, plus one layer. Your baby's chest, tummy and back should feel warm and not sweaty or cool. • Make sure nothing is pinching or poking baby. Even check inside clothing. • Change diaper (and clothes if necessary).
Crying or anxious Mom	• Normal baby blues • Overtired and overwhelmed • Postpartum depression	• Be supportive and reassuring. Be patient. • Encourage mom to nap, take over as many household chores as possible (take initiative and don't wait for mom to ask for help), limit visitors and tell her what a good job she's doing. • Encourage mom to seek professional help if she continues to doubt her parenting skills, has feelings of sadness, anger, anxiety, guilt or difficulty sleeping for more than 2 weeks. Over 20% of moms experience depressive symptoms.

Troubleshooting

Problems	Causes	What to do?
Overwhelmed Dad	• Unsure how to support partner • Unsure of how to care for baby • Feeling stressed, overtired, or angry • Depressed	• Remember to sleep when baby sleeps. • Eat a well balanced diet and exercise. • Talk to someone you trust. • Schedule some family time together. • Don't be afraid to ask for help. Find out more about symptoms of depression. Over 10% of dads experience depressive symptoms. • Contact your Cribside Assistance number (back cover).
Breastfeeding difficulties	• Sore nipples • Full and/or sore breasts • Mom and baby are still learning what to do	• Help mom with the baby's positioning and latch. • Encourage mom to keep breastfeeding, breastfeed as often as she can, get help to correct the latch and try cool compresses for comfort. Available help includes La Leche League, or your doctor or midwife. • Sore or tender breasts may occur when milk comes in – this will pass. • Family support and encouragement helps mom to breastfeed. • Reassure mom that you think she is a great mother and is doing something really important for your baby.

Troubleshooting

Problems	Causes	What to do?
Noisy exhaust system	• Normal infant bowel sounds (sometimes heard across the room)	• Change diaper and do laundry.
Spots, blotches, red rash	• Normal newborn rash (anywhere on body) • Diaper area • Thrush (white spots in baby's mouth that look like milk curds)	• Nothing. (It takes a while for baby's skin to get used to air so they tend to get a lot of rashes, spots, etc.) • If it looks strange, compare notes with mom and call your local health department for further information. • Go to the doctor as baby needs medication for thrush - mom also needs to see the doctor if she is breastfeeding.
Cone head	• The birth process	• Nothing. Baby's head will become less pointy in a very short time.
Anything	• Don't know	• Call your local health department. • Contact your regional Cribside Assistance number (on the back cover).

Canadian 24-HR Cribside Assistance Information

www.newdadmanual.ca

BC HealthLink: 811

Alberta Health Link: 811

Saskatchewan HealthLine: 811

Manitoba Health Links / Info Santé: 1-888-315-9257

Ontario Telehealth: 1-866-797-0000

Quebec Info-santé services: 811

New Brunswick Tele-care: 811

Nova Scotia Telecare Service: 811

PEI Health PEI: 811

NFLD HealthLine: 811

Yukon HealthLine: 811

Northwest Territories NWT Help Line: 1-800-661-0844

Nunavut Kamatsiaqtut Help Line: 1-800-265-3333

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Look for 24-HR Cribside Assistance in Apple iBooks.

**For more information on Father Involvement in Canada, check out:
www.dadcentral.ca**