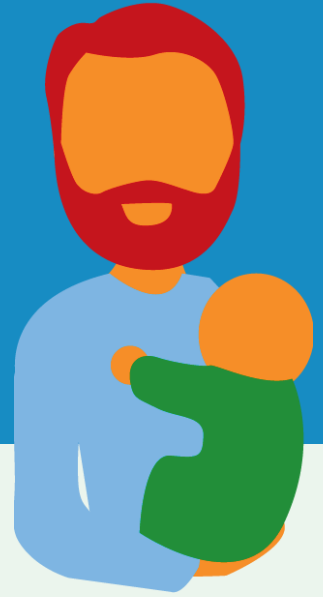




# 15 TIPS FOR FATHERS

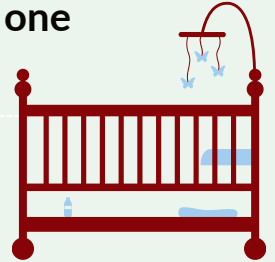


**1. Connect directly with your child after birth**



**3. Take an active role in caregiving**

**2. Go chat with your little one**



**4. Develop your own bedtime ritual**

**5. Make a moment of dressing and undressing**



**6. Have lots of physical contact: pouching, kangarooing, love**



**7. Bottle feed your baby**



**9. Make lots of eye contact**



**13. Read to your child every day**

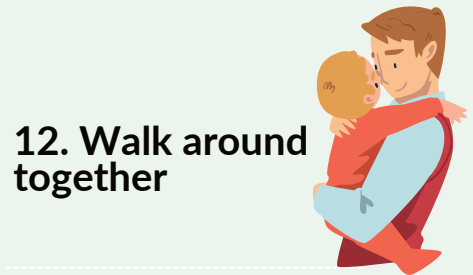


**15. Find excitement in your play: romping, adventure**

**8. Carry the baby with you**



**10. Play games with your child: peekaboo, dancing, jokes**



**14. Consider baby swimming**