Fathers, partners and family support

Healthy moms and babies thrive with the support from those closely involved in their lives. While pregnancy is an exciting time, it may also be a stressful time. Stress can affect a baby's development during pregnancy and puts mom at risk for depression.

Dad, partner, and family members, check the statements that are true for you, and find how you can help mom and baby get off to a great start:

- ☐ I do/I can go to prenatal care appointments with her.
- ☐ I support her wish to breastfeed her baby.
- ☐ I have a plan to help reduce stress for her and the baby.
- ☐ I support her in her delivery plans.
- ☐ We get exercise and eat healthy foods together.
- ☐ I can help mom find resources: money, food or housing.
- ☐ I don't smoke or I don't smoke around mom or the baby.
- ☐ I notice when mom seems stressed;
- ☐ I make myself available.

How can I support our newborn?

Partners and dads, you can help your newborn by placing baby directly on your chest, with baby's head close to your heart, "skin-on-skin." Skin-on-skin helps normalize the baby's temperature, heartbeat and breathing. It helps with digestion after feedings if you and baby are in an upright position. It also increases the baby's "feel good hormone," oxytocin.

How can we support mom and her baby?

Partners and dads who learn more about caring for a newborn, and the physical and emotional changes that a mom experiences, have less anxiety. Dad can help create a supportive space by simply listening to mom's concerns and letting her talk about how she is feeling.

Family and friends can ease mom's stress by offering to help with tasks such as preparing healthy meals, cleaning the house and running errands.

For more information

March of Dimes
www.marchofdimes.com

WellMama
www.wellmamaoregon.com
1-800-896-0410

YouthLine
1-877-553-TEEN

Teen Crisis Hotline; Cascade Youth and Family Center
1-800-660-0934

National Parent Helpline
www.nationalparenthelpline.org
1-855-427-2736

Oregon 211info
211info.org
Call 211 or 1-800-723-3638

Your health during pregnancy

20