

EXPECTANT FATHER MINI TIP GUIDE: FOR BLACK DADS BY BLACK DADS

This guide will provide you with an idea of what to expect as a new or expectant father, along with resources to help you on your parenting journey and to become an empowered advocate for yourself, your partner, and your baby.



**AFRICAN AMERICAN INFANT
AND MATERNAL MORTALITY
PREVENTION INITIATIVE**
FATHERHOOD PROGRAM

PREGNANCY SUPPORT

1. ADVOCACY

Here's how you can be your partner's champion:



Attend all or as many prenatal visits as you can with your partner.



Attend prenatal and/or childbirth classes.



Help out with household chores and errands.

2. EMOTIONAL AND ENVIRONMENTAL SUPPORT

You can help limit the stress of your partner.



**Ask what you can do to help.
Get help yourself.**

3. BIRTH PLAN:

A written guide to your preferences for labor, delivery, and newborn care.

✓ Include things that are important to you, like who can be there, what procedures you're okay with, and your newborn's first food.

✓ Share your birth plan with your village so they can step in where help is needed—and everyone understands how to best support you.

✓ Activate your village to take on responsibilities or duties related to the birth plan so that everyone can support you and knows where help is needed.

LABOR AND DELIVERY



- Water breaking
- Contractions
- Delivery
- Prepping to go home with the baby

**Also prepare for...
a rollercoaster ride of emotions.**

POSSIBLE OUTCOMES THAT ARE NOT ALWAYS TYPICAL

- ✓ Planned home births sometimes result in having to go to the hospital.
- ✓ Preterm birth or stay in the NICU.

POSTPARTUM SUPPORT

PROTECT YOUR MENTAL HEALTH

Fathers tend to report, experience, and respond to depression differently than their partners. They may be less likely to express their needs or seek help because of cultural bias, or out of concern that it would take away from their partner's needs.

TOOLS AND RESOURCES FOR MENTAL HEALTH



KNOW
YOUR
RIGHTS!

Look into
Paid Family
Leave and
Paternity
Leave Law



BREASTFEEDING



- ✓ **Protects against childhood infections, Type 2 Diabetes, and Sudden Infant Death Syndrome (SIDS)**
- ✓ **Dads can help mom and baby prepare for feedings. Make sure she has a nursing pillow and any other comfort items**

SOCIAL SUPPORT



Expecting Fathers Group for Black Dads

Designed specifically for Black soon-to-be fathers and meets for five consecutive weeks.

Black Daddy Dialogue

Meets virtually every.
2nd Wednesday of the month.

Email:

DPH-AAIMMFatherhood@ph.lacounty.gov

BABY DUTIES

DIAPERING



Girls: Wipe front to back to avoid causing infections.



Boys: Watch out for a little fountain! Babies sometimes let it go as soon as the diaper comes off.

SAFE SLEEP

- Babies should sleep in the same room with parents for the first 6 months, but not in the same bed.
- Baby should only sleep in a crib.
- Keep toys, stuffed animals, pillows, or soft bedding out of the baby's crib.
- Baby should always sleep on their back.
- Avoid smoke, alcohol, and other harmful substances around your baby—they're still growing and extra sensitive.
- Keep a video and/or audio monitor in baby's room.

SKIN-TO-SKIN

(AKA Kangaroo Care)
Place your baby with their tummy directly on your chest right after birth. Cover with a warm blanket. Do this during the baby's first year.



BlackInfantsAndFamilies.org/Fatherhood

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**DOWNLOAD THE FULL GUIDE
AND GET MORE INFO**

