

## Tips for Dad

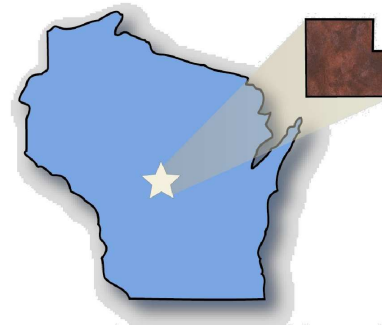
**~Go with Mom to doctors appointments.** Being there for the first ultrasound and to hear the baby's heart beat are important bonding moments.

**~Help Mom with her needs.** Listen to her. Encourage her to take care of herself and be a good role model- take care of yourself! Help her with chores and things that may become difficult for her to do.

**~Create a relaxing space.** Give her a backrub or help her set up extra pillows for more comfort.

WOOD COUNTY HEALTH  
DEPARTMENT

## Pregnancy: Bonding with baby before birth



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*The mission of the Wood County Health Department is to maximize the quality of life across the lifespan by promoting health, protecting the environment and preventing disease and injury.*



## Bonding begins before birth!

Bonding with your baby begins before you meet your new little one. Here are some ways to get close with your baby now.

### Touch

Gently massage your belly– this causes your body to release hormones or chemicals in your body that help you and your baby relax. Dads and other family members can touch your stomach if you wish. This can help them to bond with baby too.



When baby kicks or pushes, gently push back, responding to baby's movements.

### Sound

Talk to your baby! Your baby can already hear you by the second trimester. Tell baby you love him or her, read stories and tell baby about your day or the weather.

Babies like rhythmic sounds. Try playing some soft music or singing to your baby.

Be sure to keep noises calm and soothing; loud noises can be stressful for a baby.



### Visual

Request that your ultrasound pictures be printed and hang these pictures up in your house.

Take pictures of your growing belly. Be proud of your growing little one.