

# If you are a new Dad:

*You can hold, dress, bathe, feed,  
burp, change and talk to your baby.*

*You can learn to understand  
your baby's cries and  
you can soothe the baby.*

*If your baby is crying and is  
not hungry, wet, or feverish,  
here are some things you can try:*

- A pacifier; if teething, try chilling it first.
- Try holding the baby in different positions: hold the baby close and walk or rock the baby while talking or singing softly, or while sitting, lay your baby face down across your knees, gently patting his back.
- Take the baby for a ride in a stroller or in a car (with a car seat!)
- Lay your baby down in the crib and walk away for a few minutes. Maybe she/he will calm down on his/her own.

**Remember – punishment will never stop an infant from crying. If you begin to feel helpless or angry, make sure the baby is in a safe place and go into another room to calm down.**

**Call a friend for support, play some music, take 10 deep breaths, then take 10 more.**

**No matter how frustrated you may feel,  
NEVER SHAKE A BABY!**

# Dads Make A Difference!

Adapted from:

The Family Source of Florida  
Kentucky Council on Child Abuse

Made Available by:



**Prevent Child Abuse  
Louisiana**

**Parenting is hard. We can help!**

**1.800.CHILDREN  
(1.800.244.5373)**

# Prime Time to Be a GREAT Dad!



# YOU ARE NEEDED!!

***Your children need you. Not just for financial support, but more importantly for your guidance and positive influence in their lives. Spend time with your children; it pays off. Children with active dads are more ambitious, less susceptible to peer pressure, more competent, self protective, self reliant and are more self confident with their male/female identities.***

***Here are some tips to help you be a great dad:***

## 1. Respect your children's mother.

When children see their parents respecting each other, they are more likely to feel that they are also cherished and respected.

## 2. Spend time with your children.

Kids grow up so quickly. Missed opportunities are lost forever. **Even if you don't live with your children, plan to visit or call on a regular basis.** Every bit of one-on-one "prime time" that you spend with your child strengthens the bond between you and your child. Bonding is important to their growth and development.

## 3. Make the time that you spend count.

Even 10 minutes of undivided "prime time" with each child each day counts. Let your child choose an activity and make them the focus of your attention.

## 4. Earn the right to be heard.

Begin talking with your kids when they are very young. That way difficult subjects will be easier to handle as they get older. Take time and listen to their ideas and problems. Use your "prime time" for talking and listening.

## 5. Discipline with love.

Set reasonable limits for your children and discipline in a calm and fair manner. Use methods such as "time out" (a brief period of isolation) for controlling misbehavior.

## 6. Be a role model.

Your children will look up to you and imitate you. Children learn by examples. Use your "prime time" to be a good example for your children.

## 7. Be a teacher.

Teach your children about right and wrong. Encourage them to always do their best. Let our child know that it's OK to make mistakes. That's how we all learn!

## 8. Read to your children.

Teaching your children a love of reading is one of the best ways to ensure they have a lifetime of personal and career growth. Read to them when they are young and encourage them to read on their own as they grow up.

## 9. Show affection.

Showing affection every day is the best way to let your children know that you love them. Boys need affection as well as girls. As your children grow up, continue to nurture them with compliments and interesting conversations.

## 10. Realize that the Dad's job is never done.

Even when your children are grown and have left home, they will look to you for love and advice. Take an active role in their growth and development. Be there for them when you're needed. **Your children will always need you!**