

Tihei Mauri Tipu

He Kōrero mō ngā Pāpā Hōu

**A guide for
young new Dads**



POSITIVE SEXUAL HEALTH

Family Planning

*Tihei mauri, tipu mauri roa
ki te whai ao ki te ao marama,
tihei mauriora.*

‘Sneeze breath of life, grow enduring spirit of
life in the world of being in the world of light,
sneeze living soul.’



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For further information and resources

visit www.familyplanning.org.nz

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INTRODUCTION

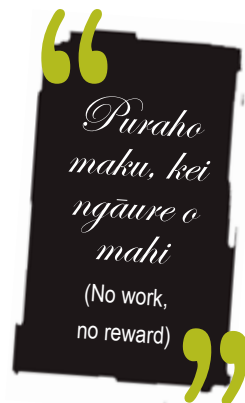
WHAKATAKI

SO YOU'RE GOING TO BE A DAD!
HE PĀPĀ HŌU KOE


Tihei Mauri Tipu He Kōrero mō ngā Pāpā Hōu
A guide for young new Dads:

- Will give you a few tips on how to prepare for your new role.
- Looks at how you might be feeling as you come to grips with the idea of being a dad.
- Talks about how your relationship might be affected during the pregnancy and after the birth.
- Aims to give you some ideas about what you can do to help your partner
- Provides a checklist to help prepare for the first few weeks of your baby's life.

(As many dads-to-be will be in a relationship with the mother-to-be we use the term 'partners'. We recognise that not all dads will be in relationships with the mother of their child.)



SO YOU'RE GOING TO BE A DAD! HE PĀPĀ HOU KOE



Becoming a father may be one of the most exciting and rewarding times in your life. It may also be one of the most stressful. Many new dads are young men. You might not have planned to have a child at such an early age and there may be people who are not so happy that you are having one.

Just remember being a dad is about commitment. The more you can show you are committed, the more people will respect your determination.

Do your best to support your partner and show how responsible you can be. Young men can make very good fathers. It's your actions, not your age, which count.

You might be pleased at the prospect of becoming a parent. But you may also have a few concerns. You might still be at school, or studying, and wondering how you can fit a child around that. You might be wondering how you can afford to have a child if you don't have a job. You may still be living with your family. Being a young dad is much easier with the support of both families. The mum-to-be might also be young and wondering about the same things.

“
*Naku
te rourou
nāu te
rourou ka
ora ai te
iwi*

- With your food
basket and my
food basket the
people will thrive.”

YOU AND YOUR PARTNER

KŌRUA KO TŌ WAHINE

She will also be experiencing physical and hormonal changes beyond her control, e.g.

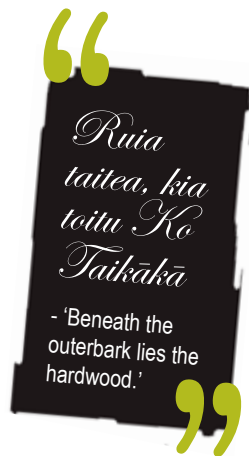
- tiredness
- morning sickness (at any time of the day)
- mood swings
- swollen ankles and/or back pain
- need to go to the toilet often
- food cravings.

However, all women experience pregnancy differently.

Talk to your partner. Try and understand what you are both going through. Make decisions together about the birth and how you want to approach parenthood. It is a good time to discuss your thoughts and intentions around caring for the child, e.g. if you are working do you want to have some time being a stay-at-home dad.

Things could be complicated with your families, especially if you are not in a relationship with the mother-to-be. The more help you can get to resolve any issues before the baby is born, the better. After the birth, you will find you have much less time to spend on many things, including spending time with your mates.

Once the baby arrives, your relationship might change. A baby makes demands on your time. It can sometimes be difficult adjusting. Remember to make time for just the two of you.

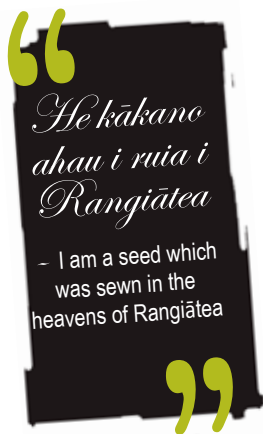


PREGNANCY, PARENTHOOD AND SEX TE HAPŪTANGA, TE MATUATANGA ME TE MAHI AI

Many people worry about how pregnancy and parenthood may affect sex. Some women will find their sex drive goes up during pregnancy, others may experience the opposite. Talk about it together. Find ways that are comfortable and enjoyable for you both. And don't worry, sex won't harm the baby.

After the birth of the baby, you may be tired. There may not be many chances to have sex. Your partner needs to recover physically from the birth, and this may take some time. Talk about how you are both feeling. Are there other ways you and your partner can be close without having sex? Can you get sexual pleasure with your partner without penetrative sex? Plan times to have sex when you are least tired, and less likely to be interrupted, e.g. when baby is sleeping.

Contraception is something you will also need to discuss. Even if your partner is breastfeeding, she could get pregnant again. If you don't want to have another baby quickly, talk to your midwife or GP about contraceptive options, or see Family Planning.



KEEPING SAFE **TIAKINA** **TŌU WHAKAPAPA**

A pregnant women is offered a number of tests to help keep her healthy. It is likely that your pregnant partner will be offered an HIV test. HIV can be contracted a number of ways and many HIV positive women are unaware that they have ever been at risk. A pregnant HIV positive woman can choose to have treatment that will reduce the chances of her baby being HIV positive.

If you, or your partner, have ever had sex with someone else there is a risk that either or both of you will have picked up a sexually transmissible infection (STI). Some STIs can cause complications in the pregnancy. Others can be passed on to the baby during birth.

It is a good idea for both of you to have an STI test to protect your baby.



If you are having sex with other people, use condoms with lube (to stop the condom from tearing) to prevent you picking up an STI which could be harmful to your partner or baby.

HOW CAN YOU HELP? ME PĒHEA KOE E ĀWHINA ATU?

DURING THE PREGNANCY TE WĀ O TE HAPŪTANGA

One of the best ways you can help during the pregnancy is to learn as much as you can about pregnancy and parenthood. This way you will be able to provide emotional and practical support when it is needed.

Here are some ideas: Anei ētahi whakaaro

1. Find out about what's happening to your partner. Read books, blogs, websites; talk to your partner, whanau, other parents and health professionals.
2. Go to antenatal classes with your partner; you'll learn a lot about what to expect at the birth, as well as a little about practical parenting after the birth.
3. Visit the lead maternity carer with your partner.
4. Go with your partner to any scans or tests she has.
5. Talk to each other about how you are both feeling and listen to how she is feeling.

*Tūtiro
whakamuri
hei ārahi
i ngā
uaratanga kei
te kimihia*

- Look to the past for
guidance and seek
what is needed.

6. If you're a smoker, try not to smoke around your pregnant partner, or later around your baby.
7. Help with meals, household chores, transportation etc. – particularly in the latter stages of pregnancy.
8. Help prepare for the coming baby – e.g. get a space or room ready for the baby, organise a car seat and other essential equipment.
9. Make a birth plan together, with your lead maternity carer, and agree on what you will do during the birth.
10. Read the antenatal information, and keep it somewhere handy. You could get caught out by an early arrival.
11. Talk with your partner about breastfeeding. Telling her, before the baby is born, that you will support her to breastfeed will help her feel more confident when she goes to do it. Breastfeeding is natural and healthy for your baby but it's not always easy to do.
12. If you are working think about how you want to organise any paternity leave e.g. you could split it over different weeks.
13. If you are going to a hospital or birthing centre for the birth, visit it before hand and familiarise yourself with the route and parking etc.
14. Treat yourselves a little before the birth – e.g. spend some fun time together.



AT THE BIRTH TE WHĀNAUTANGA

Most women go into birthing centres or hospitals to give birth. Some stay at home. It is a legal requirement to have medical assistance at a birth. Make a birth plan, with advice from health professionals. If you haven't had the chance to do this, don't panic. Just make sure you give your partner all the support she needs during the birth. Studies have shown that it helps women to have their partner there. Women are likely to be less distressed, they have less pain, and feel more positive about the birth experience.



Labour can sometimes be long and difficult. Your partner may need lots of pain relief and, sometimes, a general anaesthetic. You also have an important role as an advocate for your partner and new baby. So if you, or your partner, have any questions or concerns during or after the birth, don't be afraid to speak with the midwife or other medical staff.

For many men, being present at their child's birth is an amazing and moving experience. However, many men find it distressing to see their partner in such pain. If you don't want to be at the birth, talk about it as early as possible with your partner and help her to arrange for someone else to be there.

AFTER THE BIRTH

I MURI O TE WHĀNAUNGATANGA

The first few days of your life as a new dad may be exhausting and amazing.

Now's the time when all that preparation you did before the birth will come in handy.

Here are some other ideas on how you, the dad, can make those first few months a little easier:

Share the care. Te mahi tahi. Looking after a newborn baby is a 24-hour, seven-day-a-week job. It's exhausting. You may be the major earner but if you can get involved with all your baby's daily routines. For example, you can help with feeding, bathing, nappy changing, comforting, settling to sleep, and going for walks. These are opportunities to smile at, talk to and hold your baby. They will become treasured memories you will share together as a family.

Man about the house. Te mahi i te whare.

Looking after the baby will be the main focus of household activity for many months (and years!) to come. All the regular household chores still need to be done and some of these (e.g. laundry) may have just got a little harder. The physical demands of early motherhood are very tiring, and she will also need to recover from the birth. Help whenever you can. If this isn't possible, ask friends and whanau.



“

*Ahakoā he
iti he
pounamu*

- Although it is small it
is precious

”

Breast is best. Te Waiū. Breastfeeding is good for a baby's health and development in its first years. If your partner has chosen to breastfeed your baby, you can support her e.g. make sure she is eating regularly, drinking lots of fluids and getting a chance to rest between feeds. You can also help change, wind and settle the baby afterwards. If a father supports and encourages breastfeeding, women are likely to do it for longer. If your partner has chosen not to breastfeed, or can't, help her with feeding, bottle preparation, and winding.



POST-NATAL DEPRESSION: DADS CAN GET IT TOO

Women that get strong support from their partners in the weeks after a baby's birth are less likely to get postnatal depression (PND). The early months of your baby's life can be very tiring. If you or your partner are feeling more irritable or tearful than usual or just feeling like things are out of control, you may be suffering from PND.

PND can affect mums of all ages and it is now thought dads can be affected by PND too. This is where open and honest communication between you and your partner is important. Getting some professional help is also important if such feelings last a long time. PND does not happen to everyone, but it's worth knowing about.

How to support someone with Post-Natal Depression:

- Listen
- Try to understand
- Avoid judging or getting angry
- Be there
- Help reduce stress
- Support
- Give positive words of support affection and encouragement
- Help them to get out of the house
- Help get regular meals
- Take it seriously and if needed get help.

FINANCES **TE TAHA PŪTEA**

Having a baby costs money. You'll need lots of practical things. If your partner is in paid work at some point in the pregnancy she may have to stop, and may not return for some time after the birth, if ever.

This all can make it hard financially and may create tension between you and your partner. Talk about what you want to do about looking after the baby before s/he arrives. Try to work out a budget. You may have to sacrifice some of the things that you currently spend money on. You might find that you don't want to spend money on those things anymore as your lifestyle changes during the pregnancy. If you're thinking about doing extra shifts or taking another job, discuss this with your partner first. It may be better for you to spend your time with your family, because time is precious too.

If you are unemployed, or studying, or finding it difficult to make ends meet, you can contact Work and Income New Zealand, as there are additional benefits available to most families.

Special benefits are available to young parents and information about these can be obtained from Work and Income New Zealand

If you are not going to be living with your partner after the birth, it is important to try to get your name on the birth certificate if you want to be legally recognised as the father. It may make it easier for you to have contact with your child if the mum doesn't want you to later on. However, you will be required to make Child Support payments if you are named as the dad. You will be financially responsible for your child until s/he turns 19.

BE PREPARED – A CHECKLIST FOR NEW DADS **MATIKA!** **HE RĀRANGI RAUEMI**

Babies need a lot of supplies and equipment. Not just in the home but also whenever you go out. Here's a list of baby care items. Talk to your partner and family about preparing items of cultural significance to your family.

TRANSPORTATION

NGĀ WAKA KAWE PĒPI

- ☐ Infant car seat/baby capsule (these can be hired for the first six months from baby retailers or organisations such as Plunket).
- ☐ Buggy or pram (plus rain and sun covers).
- ☐ Front pack or back pack (a nice way for dad to get close to baby).
- ☐ Nappy bag (or any large bag to carry the equipment needed if you are out and about, see page 21 for the Going Out checklist).
- ☐ Sun shades for car window



SLEEPING

TE WĀ MOE

- ☐ A wahakura is a woven flax bassinet for infants up to 6 months of age. This return to a traditional Maori way of sleeping babies creates a safe sleeping place for your baby.

OR

- ☐ Bassinet or Moses basket for a new born baby (the baby will grow out of these sometime in the first few months; some parents opt to go straight to a cot)
- ☐ Cot (+ mattress).
- ☐ Sheets, blankets, under blankets, mattress protectors etc. (it's also useful to have a few small fleeces or blankets to wrap baby in when you go out).
- ☐ Sleep bags or baby wraps (babies like to feel snug in bed; wrapping them in a cotton blanket or muslin, or using a baby sleep bag is often popular in the early months; hospital staff or your midwife can show you some wrapping techniques).

FEEDING


TE WHĀNGAI PĒPI

- ☐ Nursing bras and nursing pads.
- ☐ Bibs and/or burp cloths.
- ☐ Sterilising equipment (microwave, electric, chemical or boiling).
- ☐ Bottles and teats.
- ☐ Bottle brush.
- ☐ If breastfeeding:
 - ☐ Breast pump.
 - ☐ If not breast feeding:
- ☐ Baby formula.





CLOTHING NGĀ KĀKAHU

(Remember babies grow fast so have just a few of each item for early months, if you have access to good washing and drying facilities)

- 
- ☐ Singlets (preferably cotton or wool).
 - ☐ T-shirts.
 - ☐ Stretch 'n' grows or sleep suits.
 - ☐ Socks and booties.
 - ☐ Hats.
 - ☐ Bibs.
 - ☐ Cardigans and warm jackets (depending on season).
 - ☐ Mild laundry detergent.

BATHING AND CHANGING

TE HOROI ME TE TINI KĀKAHU

- 
- 
- ☐ A baby bath (or baby seat/support for a bath).
 - ☐ A change table or change pad.
 - ☐ Nappies (washable or disposable).
 - ☐ Long handled brush for scrubbing washable nappies.
 - ☐ Bucket with lid for soaking washable nappies.
 - ☐ Wipes or cloths for cleaning baby's bottom (you might like to buy a set of cheap flannels and keep them just for bottom-cleaning).
 - ☐ Baby bath solution e.g. almond oil, baby soap, baby bath gel.
 - ☐ Baby brush and comb.
 - ☐ Massage oil.
 - ☐ Barrier cream and/or nappy rash cream.
 - ☐ Laundry soak (for soiled nappies and cloths).

As you can see, new babies are labour and equipment-intensive. However, they are also fairly transportable. Taking your baby for a walk can be an opportunity for you and your partner to get some fresh air and have some time together, and it is often a very soothing experience for the baby (i.e. they often sleep). If you have a front pack, this is a great way for you and your baby to get close to each other. It's also an opportunity for you to give your partner a break, and keeps you hands-free, so you can do the shopping or housework at the same time!

Remember, a lot of regular household activities will take a little longer now that the baby is here. Just leaving the house can take forever. Try and have a nappy bag – packed and ready to go – waiting at the front door. That way if there's an emergency or if you simply feel like doing something spontaneous, you can leave the house reasonably quickly.



“

*Te
tīmatanga
o te
matauranga
ko te
wahangū, te
wāhanga
tuarua ko te
whakarangō*

- the first stage of
learning is silence
the second stage is
listening.

”

THE GOING OUT BAG – TE PĒKE KAWE TAPUTAPU



- ☐ Nappies (pack at least two more than you think you'll need).
- ☐ Foldable changing mat (many nappy bags have these built in).
- ☐ Wipes/cloths.
- ☐ Plastic bags (for soiled nappies).
- ☐ Water (for cleaning).
- ☐ Bottles and formula (if not breastfeeding).
- ☐ Thermal bag (NOTE formula powder is not sterile. Thermal bags are useful if preparing a bottle in advance; many nappy bags have these built in).
- ☐ At least one change of clothes for baby (maybe a spare t-shirt for mum or dad).
- ☐ Warm clothes.
- ☐ A wrap and/or blanket.
- ☐ Hat and socks.
- ☐ Toys or cloth book (e.g. rattle or something to suck on).
- ☐ Mobile phone.
- ☐ Snack and drinks for mum and dad.



THERE ARE ALL KINDS OF DADS **NGĀ TŪMOMO PĀPĀ**

SEPARATED-DADS-TO-BE

TE MATUA TAKITAHU

Some men are no longer in a relationship with the mother of their child when the baby is born. If this is the case, you and your former partner will need to try and agree on how you will be involved in your child's life. How you get on as parents will impact on your child. You may need some legal or other support (e.g. counselling) to reach an agreement on what your role is to be and what level of support your former partner may need. Remember, no matter how bad things might get with the mother, it's ok to want a relationship with your child. For further advice and information, visit the website of the Father and Child Trust: www.fatherandchild.net.nz

STEP-DADS NGĀ PĀPĀ WHAKAANGI

Some men become new dads when they start a relationship with someone who has children from a previous relationship. This situation brings its own challenges. The children in the family may resent the appearance of a new man on the scene.

What should the role of step-dad be? It seems that being friendly with step-children rather than trying to discipline them is more helpful. Relationships with children may take time to develop. Supporting the mum in her role is also important. Talk to your partner in private if you feel undermined or left out, and show respect to the children.

TALK TO YOUR BABY
KŌRERO MĀORI KI TŌ PEPI

E tū	Stand up
E Kai	Eat up
Tō ātaahua hoki	You are indeed beautiful
Anei tō kai	Here is your kai
Kei te hiakai koe?	Are you hungry?
Kei te hiainu koe?	Are you thirsty?
Takato e te tau	Lie down
He nui taku aroha mōu	I love you so much
He aha te mate?	What's the matter?
Kei hea ngā kope?	Where are the nappies?

*Ko tōku reo
tōku chocho,
ko tōku reo
toku māpihi
maurea.*

My Language, my
awakening



Thanks to dads, mums and their
beautiful babes.

*He mihi nui ki ngā pāpā, ngā whaea me
ngā pēpi katoa*



familyplanning.org.nz