What Dad Takes On

The first weeks after the birth



Mum needs at least six weeks to recover. A partner's support is linked to a lower risk of postnatal depression. Agree who does what and put this list where you can both see it.

DAD'S LEAVE FROM _____

MUM'S CHECKUP _____

PEDIATRICIAN _____

With the baby

- [ ] Nappies and clothes
- [ ] Bath time
- [ ] Skin to skin
- [ ] Settling, walks
- [ ] Sleep on the back, in their own cot
- [ ] Never shake the baby

Feeding

- [ ] Bring the baby for feeds
- [ ] Water and a snack for mum
- [ ] Change and settle back down
- [ ] Expressed milk at night once breastfeeding is established
- [ ] Shield mum from unasked-for advice

Nights and home

- [ ] First half of the night is dad's
- [ ] Night shifts agreed out loud
- [ ] All lifting and driving
- [ ] Shopping, meals, laundry
- [ ] Visitors by arrangement

Urgent: 103 or 112

- [ ] Sudden heavy bleeding
- [ ] Fainting, chest pain, shortness of breath
- [ ] Severe headache, vision changes
- [ ] Confusion, thoughts of harming herself or the baby
- [ ] Temperature above 38 °C: see a doctor

Our agreements

- [ ] _____
- [ ] _____
- [ ] _____