



what to expect as a

# Father of a Premature Baby



## Emotions:

As a Father, you may feel mixed emotions about this experience: Joy as well as fear for some of the unknown challenges.

You may also feel overwhelmed at times.



## How to deal with them:

Take a shower, go on a walk, take a quick nap.

Do what you need to do in order to acknowledge these feelings and to take care of yourself.

This will lead to you having more energy to care for your partner and baby as well!

The important thing to remember is that this is completely natural!

It's healthy for you to take the time to think about these emotions and your needs.



## Get involved:

Being a part of your baby's care is another way to bond with your child and help with this whole process.

EX: help with feeding, bathing, or changing

Talk to the hospital staff if you ever feel left out, and they can help!



## Ask for help:

You may have extra responsibilities while your child is in the NICU.

EX: making trips to the hospital, grocery shopping, going to work, taking care of other children, etc.

THIS CAN BE OVERWHELMING FOR ANYONE, SO REMEMBER: IT IS OK TO GET HELP.