

Fatherhood Involvement in the NICU and Post-Discharge



Importance of Fatherhood Involvement

Crucial Role: Fathers play a vital role in the NICU and at home.

Emotional Support: Their presence supports both the baby and the partner emotionally and physically.

In the NICU

Presence

Spend Time: Encourage fathers to spend quality time in the NICU.

Skin-to-Skin: Engage in kangaroo care to bond with the baby.



Support

Partner Support: Help the partner through this challenging time.

Reading to Baby: Read stories to the baby to promote bonding and development.

Communication

Engage with Staff: Maintain open communication with NICU staff for updates and care tips.

Post-Discharge

Continued Care

Stay Involved: Fathers should continue to be active in daily care routines.

Routine Participation: Help with feeding, diaper changes, and sleep schedules.

Emotional Support

Seek Help: Encourage fathers to seek mental health support when needed.



Support Groups: Join groups for fathers of NICU graduates.

Bonding Activities

Playtime: Engage in play activities that are safe and suitable for the baby.

Reading: Continue reading to the baby to foster development and bonding.

Benefits of Father Involvement

Positive Outcomes: Better developmental outcomes for the baby.

Stronger Bonds: Strengthened family bonds and relationships.

Reduced Stress: Less stress for mothers, promoting overall family well-being.

