

# 17 Ways Dads Can Bond with Their Newborns

- Have skin-to-skin cuddle time with baby
- Change baby's diapers
- Read books to baby
- Place baby in a sling or carrier and take him outside for a walk
- Participate in baby's bedtime routine
- Feed baby her bottles (if bottle fed) or assist mom with breastfeeding (bring baby to mom for feedings, burp baby after feedings, etc.)
- Sing songs to baby



- Mirror baby's facial expressions and echo his sounds
  - Give baby a massage
  - Rock, pat, or gently bounce baby when she is fussy
  - Walk around with baby and help him find interesting colors and patterns at which to look
- Dance with baby to your favorite songs
- Kiss baby's face, fingers, elbows, toes, knees, etc.
- Give baby a bath
- Pray for and with baby
- Talk to baby about whatever is on your mind
- Create a ritual that you share only with baby

