

TIPS FOR NEW DADS!

We chat with Dad behind the brand, Dan, about his tips on fatherhood for brand new or expecting dads!

Did you do anything to prepare yourself before you became a dad?

For the first three months after finding out we were pregnant with our first and third kids, I went into a state of shock, I remember that much, as both were unexpected!

A lot of people told me there's nothing that can ever fully prepare you, which I agree with – it's a BIG task. So be prepared to just go with it. I tried to do as much as I could practically, by getting the house in order, having things ready for the trip to hospital.

But mentally –

I just tried to focus on one day at a time; during the pregnancy, and after.



What did you learn about yourself after becoming a dad?

That I was capable of loving a person more than I thought and in different ways than I had previously. I loved my wife already (still do!), but there's something about loving a child that is different. This little person that in the beginning can do nothing for you, says nothing to you and offers you nothing in return – yet you're prepared to move heaven and earth for them!

I also had confirmation that I wasn't very patient. Still working on that one!



What would you say to your younger self before becoming a dad, if you had your time again?

In the first few weeks, spend as much time at home as possible. I did for the first 2 weeks, and then I felt I was out and about a little too much. It's a rare and precious time – savour it as much as possible. And get sleep whenever you can!

What was the most helpful thing someone did for you after the birth of the baby?

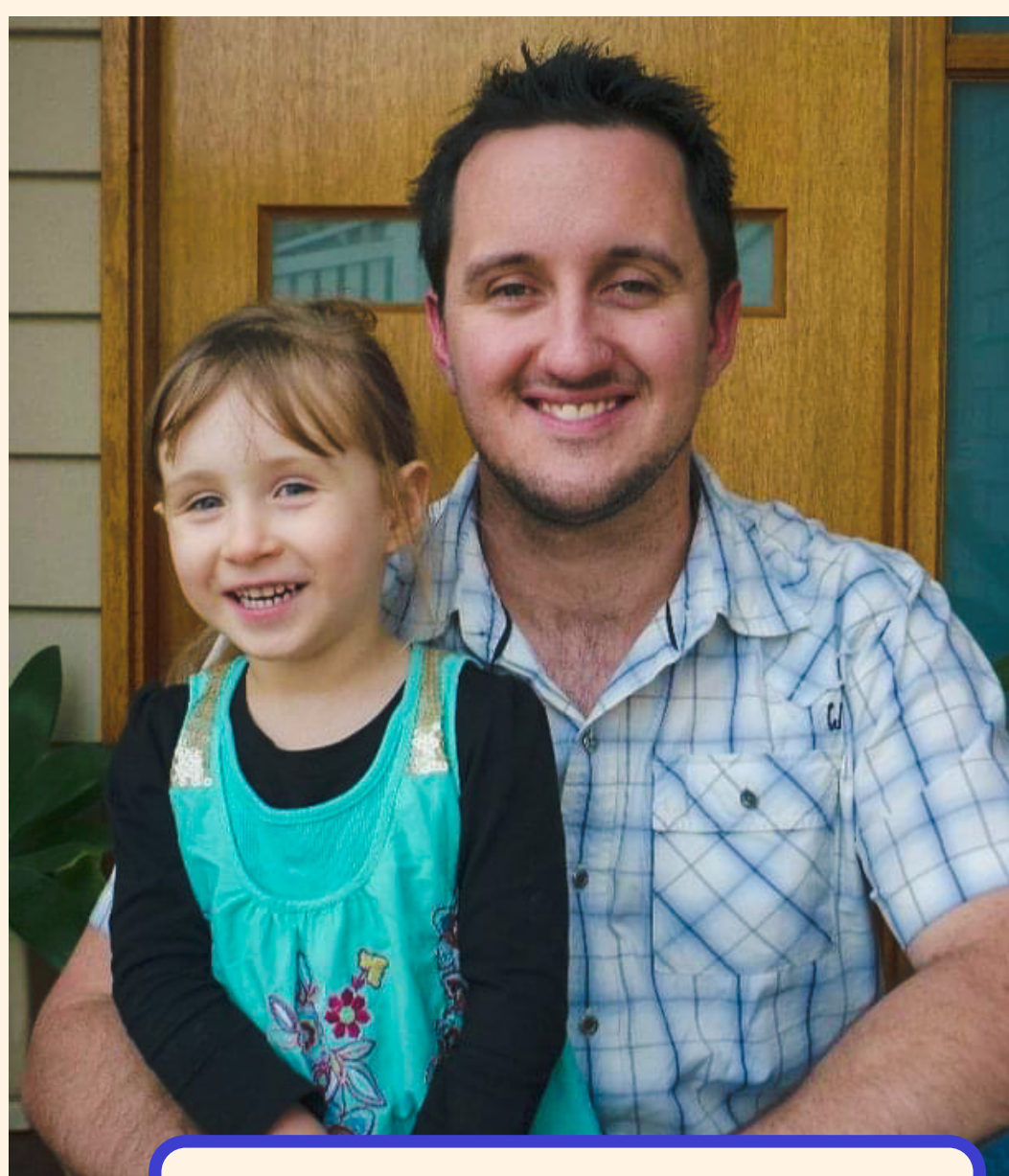
Practical help! People bringing meals and coming over to help around the house was great. Have a list of tasks on-hand so if anyone says "is there anything I can do to help?", you have some suggestions ready and can point them straight to the list!

Anything that helped your third child 'fit' into the existing family unit?

A routine! My wife and I have always determined that, while we love our kids, the world doesn't completely revolve around them. So when Isaac was born (10 years after our second child), of course he was loved and fussed over, but we also worked hard to ensure that he would fit into the crazy routine of our family life as quickly as possible.

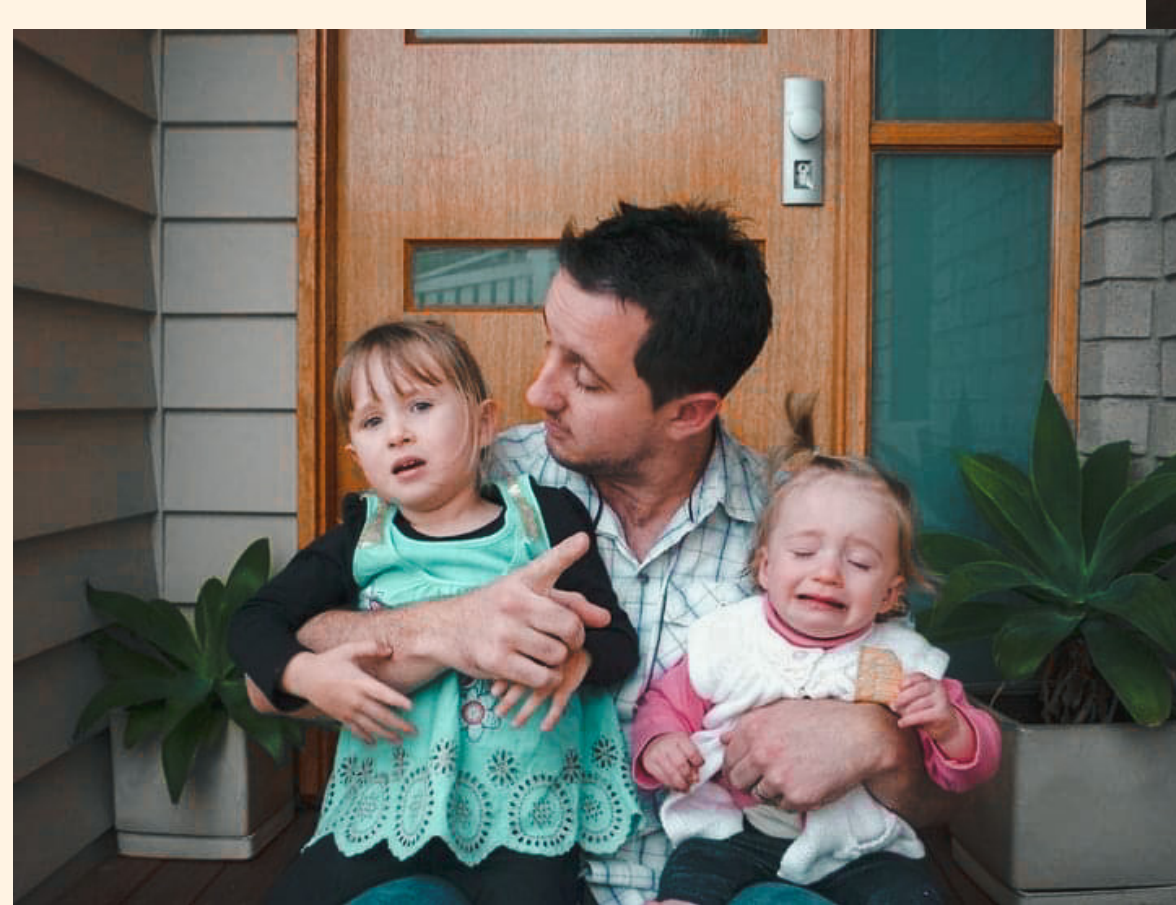
What advice would you give to first time dads?

Give yourself a break! You'll feel out of your depth. You'll get things wrong. You'll probably make your wife cry and not know why (hormones CAN play a part in that). But it's all fine. It's all learning. We live in a world that is all about having everything under control and all together. Ignore that, and realise it's a learning phase. Surround yourself with people that will reinforce that, and help you through it.



Any pointers for supporting your partner around the house?

Be as present as possible. The first three months may revolve a lot around money and logistics for you and that's ok. Aim to serve and help your new family as much as possible. Making sure your partner and bub are fed, comfortable and loved is a great start.



Any tips for bonding with bub when you aren't the 'stay at home' parent?

Make sure you take some time to intentionally engage with your child. It can be hard for dads, expecting to bond with their child quickly. Don't worry if your baby isn't engaging with you – spend time with him or her regardless.

What's the best thing about having a family in your opinion?

The depth of love and relationship that you get with your family that you can't get with anyone else, and the constant companionship that comes with it!

