



# Dad Facts

Do you know how important the father-child bond is?

What is bonding?

The extreme emotional connection between a parent and their child.

How can I bond with my child?

- First and foremost...LOVE them
- Start bonding with your child day 1...jump on in!
- Cuddle with them
- Feed them
- Send mom out and spend time alone with the baby to develop your skills
- Sing, dance and be goofy
- Read to your baby. Whether Dr. Seuss or the sports page it doesn't matter.
- Find out what you are good at doing with the baby and make that your "thing" (dressing, bathing, feeding etc)
- Look at your baby in the eyes
- Let them use you as a jungle gym
- **HAVE FUN WITH YOUR CHILDREN...PLAY!**

When should I be bonded?

Don't worry about this...just keep working at it. For some, bonding happens right away and for others it may take awhile.

Advice from real dads:

"Dads aren't always trusted...we need to demonstrate our knowledge."

"Be creative"

"Babies move fast! Supervise!"

"Be confident in yourself."

"Every child is different. What works for one may not work for another. Be patient and learn what each child is about"

# Resources for Dads

Your child's doctor

Cribs for Kids, at Next Generation Now  
1220 Mound Avenue, Racine  
635-1920  
Free Pack-n-Plays

Safe Kids Coalition Kenosha-Racine  
Wheaton Franciscan Healthcare – All Saints  
3821 Spring Street, Racine  
687-3366

Public Health Departments  
City of Racine Health Department  
Caledonia/ Mount Pleasant Health Department  
Western Racine County Health Department  
Kenosha County Division of Health

211  
Social service information and referral services

Crisis Intervention (Kenosha County)  
For individuals feeling like they are in a crisis  
And need to talk to someone or receive services.

Care Net Family Resource Center  
Racine and Kenosha County

Racine Fatherhood Project -Racine Family YMCA  
725 Lake Ave.  
Racine, WI 53403  
Contact: Ahmad K. Qawi  
Email: [aqawi@ymcaracine.org](mailto:aqawi@ymcaracine.org)

Safe Sleep Program 262-605-6723  
Kenosha County Division of Health

Now that you have the “dad facts” share them with your parents, friends, girlfriend/wife or anyone who might care for your child. Be confident in your role and in what you know!

“Advice from real dads” are true statements made by dads in a Racine County focus group.



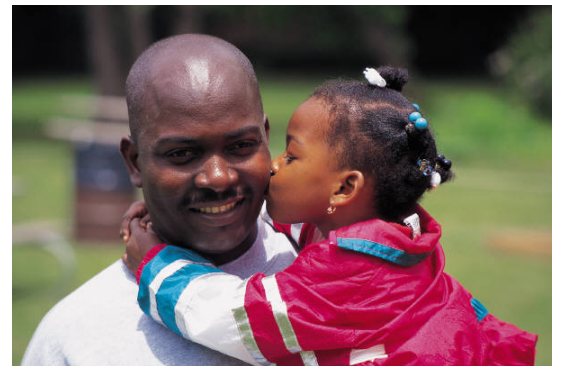
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763-4930  
605-6700

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