



Hold me, Dad

Babies who are held skin-to-skin ...

- Are happier and less likely to cry
- Stay warm and calm
- Bond with you - it's a special connection
- Breastfeed more easily
- Have better blood sugars and burn less calories

Be sure to let the mother of your child and hospital staff know - you would like to hold your new baby skin-to-skin (baby naked, not wrapped in a blanket, on your chest) ...

It's the best way to start your relationship with your new child and introduce your baby to the world!



Start Here - Help for Fathers

Your Resources on line:

www.neofathering.net

Child Support and Courthouse Navigation:

Key Source Pro Se Consulting and Training,
216.587.4463

Men's Health Care:

NEON Health Services, 216.231.7700,
and the Free Clinic, 216.721.4010

Employment Training:

Passages, 216.881.6776
or Rising Above, 216.881.5866

Parenting/being a dad:

Center for Fatherhood and Family Dynamics,
216.769.9754
or Strong Start, 216.698.2371

Breastfeeding Information

DAYtime: 216-595-5354
and NIGHTtime: 216-844-MILK

