

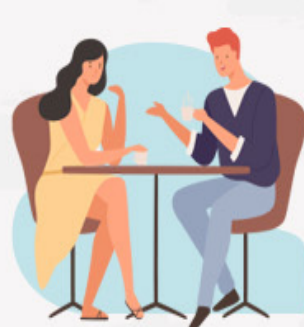


## How to indulge in self-care to positively embrace fatherhood?

### Self-care tips for dads-to-be



Acknowledge your feelings and emotions



Share your thoughts with your partner



Join an expecting dads support group



Seek professional help if needed to maintain mental health

### Ways new dads can kick-start fatherhood journey



Indulge in baby-care activities from the start



Hold and carry the baby skin-to-skin to build trust and connection



Talk to the baby as often as possible



Pay attention to the baby's cues and learn their meaning