

## RELATED RESOURCES

- HealthEast Care Connection  
**651-326-CARE (2273)**
- Men's Line (at Crisis Connection)  
**612-379-MENS (6367)**
- Resource Center for Fathers and Families  
**[www.resourcesforfathers.org](http://www.resourcesforfathers.org)**  
**763-783-4938**
- Men's Center  
**612-822-5892**
- MELD for Young Dads  
**St. Paul - 651-225-8084**  
**Minneapolis - 612-332-7563**
- Alcoholics Anonymous  
**St. Paul - 651-227-5502**  
**Minneapolis - 952-922-0880**
- Narcotics Anonymous  
**Twin Cities - 952-939-3939**
- National Center for Fathering  
**[www.fathers.com](http://www.fathers.com)**
- National Center on Fathers and Families  
**[www.ncoff.gse.upenn.edu](http://www.ncoff.gse.upenn.edu)**



The Initiatives for  
Violence Free Families  
and Communities  
In Hennepin and Ramsey Counties



*Passion for Caring and Service*

a quick guide to...

# BEING A DAD



HealthEast   
Care System

*Passion for Caring and Service*

*This is the biggest, the hardest and the coolest thing you will ever do in your life— and you will be a dad for the rest of your life.*

Take a minute to learn a few important tips about being a dad.

Being a dad is exciting and rewarding but it isn't always easy.

#### AS A DAD YOU CAN:

- Provide safety and security for your child
- Teach them respect
- Play with them
- Show them kindness and compassion
- Feed, bathe, and dress them
- Take them to a game or movie
- Say "I love you"
- Read to them
- Be a positive role model for them
- Hug them, love them, and watch them grow

WHETHER YOU'RE A NEW DAD  
OR AN EXPERIENCED DAD,  
IT CAN ALSO BE **STRESSFUL!**

#### IT'S NORMAL TO HAVE CONCERNS ABOUT:

- Money, your finances and increased responsibilities
- Your social life
- Changes to your sex life
- What the birth will be like and how you can be supportive

Stress can affect the way you interact with your partner, causing frustration, anger and resentment. It can lead to fights and disagreements. Using drugs and alcohol will only make things worse in your relationship.

#### BE PREPARED:

- Take time for yourself, exercise and eat healthy
- Talk with your partner
- Make important decisions together, be a team
- Go with your partner to prenatal appointments
- Take childbirth classes together
- Take a class on becoming a dad
- Read a book on becoming a dad
- Talk with other dads

#### BECAUSE YOU ARE A ROLE MODEL:

- If you smoke, quit
- Don't use drugs and alcohol
- Show kindness and respect in all your relationships
- Talk with other dads

*(Support is available for all of these.  
See back page for resources.)*

For information about classes and resources available to dads, call

**HealthEast Care Connection  
651/326-CARE (2273)**

If stress is building, or you have other concerns and worries about your life, call

**the Men's Line  
612/379-MENS (6367).**

The Men's Line is a free, confidential, 24-hour phone line giving help and advice to men who may just need to talk to someone.