

Facts and Myths for New Dads

Support, Learn and Bond with Your Baby.

Myths vs. Facts

✗ **Myth:** “Dads aren’t essential for bonding.”



✓ **Fact:** “Dads are crucial for your baby’s emotional and cognitive development.”



Learn More: [Some Ways Dads Can Bond with Baby | WIC Breastfeeding Support](#)

✗ **Myth:** “Only Moms get postpartum depression.”



✓ **Fact:** “1 in 10 Dads can have PPD too.”



Learn More: [Supporting New Fathers: An Overview of Paternal Mental Health Statistics, Insights, and Resources — Maternal Mental Health Leadership Alliance: MMHLA](#)

✗ **Myth:** “You Can’t help with Breastfeeding.”



✓ **Fact:** “You can support in many ways.”



Learn More: [How Dads Can Support Their Breastfeeding Partner | WIC Breastfeeding Support](#)

✗ **Myth:** “Play isn’t important for babies.”



✓ **Fact:** “Play is key for learning and growth.”



Learn More: [The Daddy Factor: How Fathers Support Development | ZERO TO THREE](#)

Quick Tips for New Dads



Spend **15–20 minutes** of focused play daily.



Take care of your **mental and physical** health.



Communicate openly with your partner.



[Seek help](#) if feeling persistently angry or overwhelmed.

Encourage Dads to:



Connect with local fatherhood programs.



Join parenting workshops or classes.



Explore mental health resources.

Learn More: [Fatherhood Partner Resources Map](#)