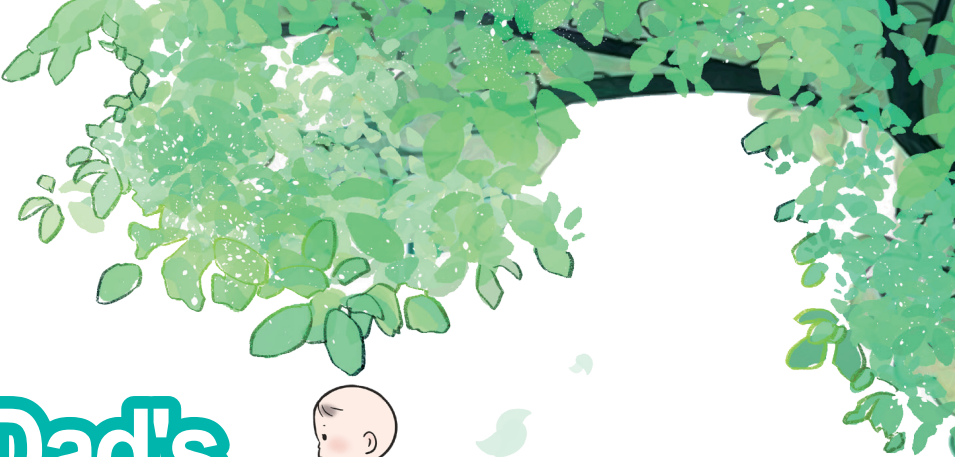


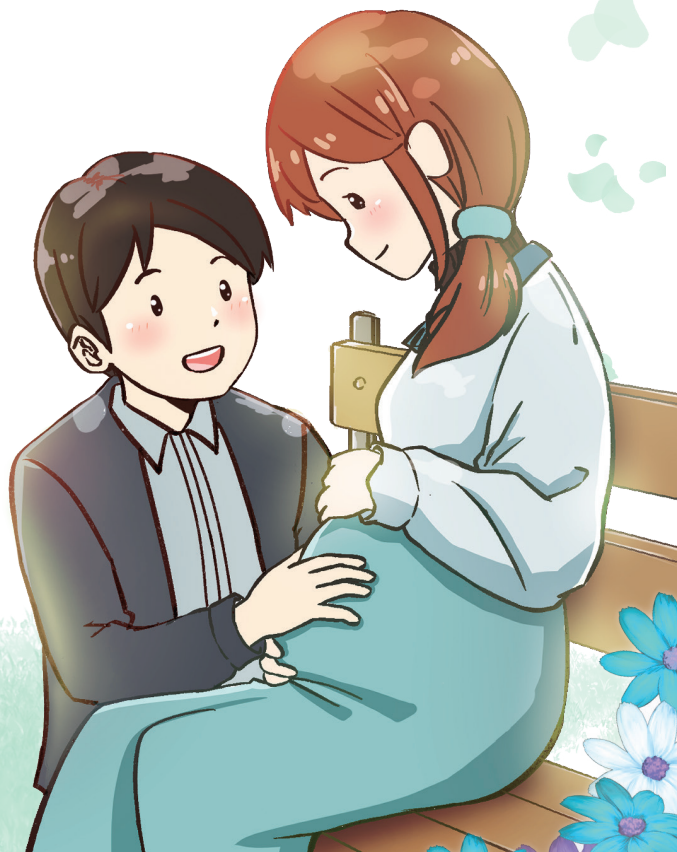


Dad's Pregnancy and Parenting

Health Handbook



Published in 2023



Welcome to Fatherhood!

Handbook Instructions

Dear dad, congratulations! You are about to embark on a new journey in your life!

Parenting and raising your child is the responsibility of both you and your partner. At first, you will feel happy and joyful, but a bit overwhelmed, not knowing how your partner will change during pregnancy and childbirth, not knowing what to do, and worrying that you will not be able to take care of your baby in the future. In fact, as long as you and your partner support each other and learn together, you can become a competent father.

In order to help you on this exciting journey, the Health Promotion Administration of the Ministry of Health and Welfare has specially compiled this "Dad's Pregnancy and Parenting Health Handbook" to help you understand the process of pregnancy and childbirth and provide key knowledge on parenting before your child turns one, so that you can master parenting skills!

Finally, we remind you that there is no standard way to be a father, and sometimes you will inevitably feel frustrated, but as long as you do your best, you will be the protective shield for your partner and your children, and the most reassuring rock for your family.

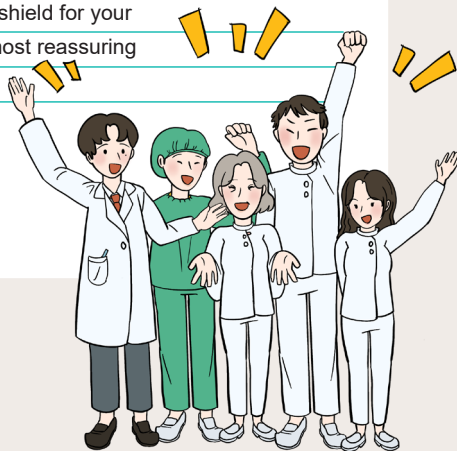


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Baby's growth record

1st trimester

Under 13 weeks

2nd trimester

13-29 weeks

3rd trimester

29 weeks or more

Changes to Mother and Infant

Mother

Take a pregnancy test 5-6 weeks after a missed period

Fetus

The baby will show heartbeats at 6-8 weeks.

Mother

Vomiting (morning sickness) is easing and this is the most comfortable stage of pregnancy.

Fetus

Rapid growth period.

Mother

A normal pregnancy lasts anywhere between 37 to 42 weeks.

Fetus

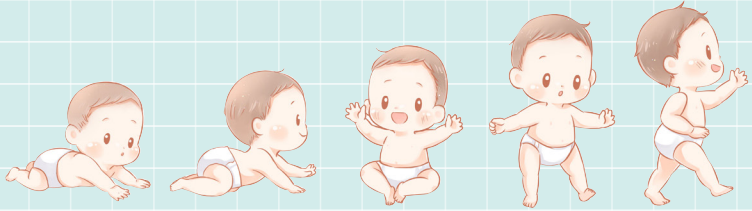
The fetal position will be fixed at 34-36 weeks.

Dad's Milestones

Expectant moms and dads will receive a pregnancy handbook at week 8-12. Please read carefully and attend regular pregnancy checkups!

Start preparing baby supplies, and have a birth plan in advance, as well as plans for postpartum nursing care (see P. 24), breastfeeding, and participate in parenting classes.

Prepare a hospital bag for mom, understand the signs of labor and prepare for birth, and coordinate work with colleagues in the workplace.



**0-3
months
Baby**

Baby

Newborn do not have a regular sleep pattern, and need to be fed when required, which is usually once every 1-4 hours.

**4-6
months
Baby**

Baby

After 4 months of age, the baby's routine is more regular and he/she may refuse milk.

**7-12
months
Baby**

Baby

Usually sits at 7 months, crawls at 8 months, stands at 10 months, walks at 1 year.

Baby Growth

Dad's Milestones

Take care of your baby and be by your partner's side, and take some responsibility for household chores.

Complementary food can be added for the baby at around 4-6 months, and start adjusting the baby's daily schedule.

Interact and play with your baby more often, and always keep your baby safe.

Entering fatherhood: dad's can do this!

A mother's body and mental state will change a lot during the 280 days of pregnancy and childbirth. Most fathers may not be able to truly understand the hard work of their partner's pregnancy at first. Still, if fathers can devote themselves to the process of pregnancy and childbirth and show interest and be actively involved in every aspect, it will not only mean a lot to the mother, but also be an important foundation for the child's wellness after birth! To speed up the mastery of fatherhood, take note of the seven key points! Let you and your partner be happy with the arrival of your baby!



1 Participate in pregnancy checkups together

The government provides 14 subsidized pregnancy checkups and other out-of-pocket pregnancy checkups are also available. Please go to "Additional

Resources" section for full details. Fathers are encouraged to make use of their paternity leave to accompany their partners on pregnancy checkups, and to consult with their doctors and midwives before deciding on pregnancy checkup items. Through pregnancy checkups, you can better understand the different stages of fetal growth and maternal changes, and experience the magic and wonder of motherhood together, so that your loved one can feel that you care.

Additional
Resources



Ministry of
Health and
Welfare
"Good
Pregnancy
Diary
Part 2"

2 Knowledge of pregnancy and birth

In this day and age, it is very easy to search for information, and there is a wealth of knowledge and information available in books, magazines, and on the internet. This handbook for dads can be used as a reference for you, or you can visit the "Maternity Care Website" of the Health Promotion Administration of the Ministry of Health and Welfare or the Mommy's Good Pregnancy Section under the "Health 99+" website to help dads understand and learn related knowledge.

Additional
Resources



Maternity
Care
Website

Additional
Resources



[Healthy 99+]
Mommy's Good
Pregnancy
Section

3 Pay attention to have a balanced diet during pregnancy

During pregnancy, dietary habits can change due to hormonal influence. Some mothers may show reduced appetite due to morning sickness (vomiting), while others have a better appetite than before. When food intake is too little or too much, it may lead to imbalanced nutrition. Dads can pay more attention to the nutritional status of their partners and prepare appropriate food. If mothers need to take dietary supplement, it is recommended to consult professional physicians, pharmacists or nutritionists.

4 Say goodbye to bad lifestyle habits



Tobacco can be harmful to pregnant women and fetuses, including second-hand and third-hand smoke. If you are a smoker, please make an effort to quit for yourself and your loved ones! It will make you healthier and allow you and your partner to raise a child in a tobacco-free environment.

In addition, dads should also accompany their partners to develop healthy dietary habits, such as avoiding high-calorie foods, having less deep-fried, thickened, processed foods, late night snacks or sugary drinks; instead, choose seasonal, unprocessed foods, and embrace a healthy new lifestyle together.



5 Participate in parenting classes

Many maternity clinics host classes for parents-to-be, inviting medical professionals and experts to share knowledge regarding maternity and parenting knowledge, including pregnancy and childbirth, labor pain relief technique, breastfeeding, and newborn care. You're advised to attend classes with your partner to learn the skills of companionship and care, and participate in the pregnancy and birthing process together.

6 Prepare for pregnancy and childcare supplies

Prepare pregnancy, postpartum, and parenting supplies during pregnancy so that dads can learn about the uses of these products and learn parenting skills to prepare for the future.

7 Discuss birth, breastfeeding and parenting plans

In the face of the changes in life after the birth of a new child, it is recommended that couples in the middle and late stages of pregnancy discuss the birth, breastfeeding and parenting plans, such as the method of birth, birth accompaniment, postpartum care plans, breastfeeding whether to take unpaid leave or take parental leave, how to take care of the child in the future, and how to share the household chores. All of this must be arranged in advance, with mutual agreement and prior communication and preparation.

Maternal and fetal changes over 40 weeks of pregnancy

From the first day of the last menstrual period, the gestation period is 40 weeks (280 days) in total. A child born at 37 weeks is considered full term. It is normal to give birth between 3 weeks before and 2 weeks after 40 weeks. However, the appropriate time of birth should still be discussed with your obstetrician/gynecologist or midwife.

Pregnancy is divided into the early, mid, and late stages. For a complete description of the weekly changes in the mother and baby, please refer to the Maternity Care Website of the Ministry of Health and Welfare.

Additional Resources



[Maternity Care Website]
Pregnant Mothers - Pregnancy Cycle

Weeks

Changes of the mothers

Early (under 13 weeks)



- Ovulation happens about 3 weeks after the last menstrual period. If the sperm reaches the egg, it will be formed into a fertilized egg.
- If you take a pregnancy test at the 6th week of gestation, you can clearly see two lines.
- In the early stage of pregnancy, you may experience frequent urination, vomiting and fatigue.
- There may be a little brown or pink discharge.

Changes of the fetus

- Conception will occur in the 3rd week after menstruation and the fertilized egg will implant in the uterus in the 4th week.
- Fetal's heart beat can be detected between weeks 6 and 8.
- The fetus's organs, muscles, and nerves begin to develop in week 9.
- At week 11, you can see the outline of the baby's spinal column and the spinal nerves begin to grow.
- By weeks 12-13, the fetus's head is about half the size of his or her body, and the shape of his or her eyes and ears are clearly discernible.

Note

- If your partner experiences any signs of miscarriage such as vaginal bleeding, constant abdominal pain, or persistent uterine contractions during early pregnancy, please take her to the doctor immediately.
- After pregnancy, avoid smoking and drinking alcohol, and seek medical advice before using any medication.
- Avoid overly intense sexual activity in early pregnancy.

Mid (13-29 weeks)



- The pregnancy is stabilizing.
- The vomiting and nausea will gradually disappear after 13 weeks of pregnancy.
- You may experience dizziness and skin problems.
- The abdomen begins to bulge noticeably.
- In most cases, fetal movements can be felt at 20-

24 weeks for the first pregnancy, and earlier for the second pregnancy.

Late (29-40 weeks)



- The weight gain will continue and mom will look more pregnant.
- The breasts will enlarge and the areola will become larger and darker.
- Back pain, edema (swelling), chest tightness, and other symptoms will be more noticeable because of the growing fetus.

■ Uterine contraction will become more frequent as the estimated due date comes close.

- At week 14, the fetus is about 8 centimeters long and the facial features are slightly recognizable.
- The lungs begin to function and the brain develops rapidly at week 17-20.
- During 21st-24th week gestation, the fetus will start to practice breathing and listening to sounds.
- The eyes are fully developed by week 24, and will be able to open and close by week 28.
- The fetus is active and moving his or her limbs a lot by week 29.

- The fetus's arms and legs are stronger between weeks 29 and 32.
- The fetus is gaining weight rapidly in weeks 30-31 and the uterus is a little bit confined.
- The fetus's skin color changes from red to pink during weeks 32-33.
- The fetus should be in a downward facing position at week 34 and the fetal position is basically fixed.
- The fetus's organs are almost fully developed by the 36th week.
- The fetus's skin is smooth and supple at 38-40 weeks, and the fingers and toes are fully developed.

- Your partner can maintain her daily activities, but do not become too tired, and ask the dad to participate and share household chores.
- Please prepare appropriate pregnancy clothes together with your partner.
- The fetus can perceive external auditory stimulation, so talk to the baby more often.
- Be aware of your partner's weight control, and pay attention to having a proper diet.

- You need to pay attention to your partner's safety because as her belly gets bigger, she will experience more difficulty moving around.
- Prepare the hospital bag at around 32 weeks, and discuss the birth plan together.
- Your partner may become more nervous as the estimated due date comes close, please learn more about pregnancy related knowledge.

Key nutritional facts during pregnancy

The fetus is growing steadily from a bean-sized embryo, and a healthy, balanced diet can benefit both the fetus and the mother. Here are some tips for dads to understand their partner's nutritional needs over different stages of pregnancy.

Early Pregnancy

- ✓ Choose nutritional foods and have a balanced diet to help the fetus develop.
- ✓ Egg yolks and green vegetables are good sources of folic acid.
- ✓ Use iodized salt and consume iodine-containing foods in moderation.
- ✓ Vegans should consume foods rich in vitamin B12.
- ✓ Additional calorie intake is not required when the baby is still an embryo. It is unnecessary to increase food intake when the mom vomits or has poor appetite. If morning sickness to affecting the mom's daily life, please consult your doctor.
- ✓ If the mom is experiencing morning sickness, avoid dehydration by drinking more water and take fluid such as unsweetened soy milk, fresh milk, and unsweetened yogurt for nutrition.



Mid Pregnancy

- ✓ From the second trimester onwards, pregnant mothers can increase daily calorie intake by 300 calories.
- ✓ It is recommended to take 1000mg (milligrams) of calcium and 355mg of magnesium daily to benefit both mother and baby and to prevent leg cramps.
- ✓ Get more sunlight every day to help the body synthesize vitamin D or take at least 400 IU of vitamin D daily.



Late Pregnancy

- ✓ It is recommended that pregnant mothers take 45mg of iron per day, supplemented with iron-rich foods such as lean red meat, pork liver, and pork's blood.
- ✓ Restrict the consumption of high-caloric, sugary, and refined foods to control weight gain.

Pregnancy Key Nutrients



Folic acid

Egg yolk, chicken liver, oyster, spinach

Iron

Beef, duck's blood, clams, dark green vegetables

Iodine

Seafood, kelp (sprouts), purple laver

Calcium

Dairy (e.g. cheese), silver-stripe round herring, dried bean curd, black sesame

Vitamin B12

Animal protein, such as fish, eggs, meat, dairy products; kelp, nori (purple laver)

Vitamin D

Mackerel, Pacific saury, egg yolk, black fungus, sun-dried mushrooms

Dietary fiber

Vegetables, fruits, whole grains, legume

Additional Resources



[Health Promotion Administration]
Nutritional Handbook for Pregnancy and Childbirth

Additional Resources



[Health 99+]
Healthy Diet for a Good Pregnancy: Healthy Mother's Health Handbook

Sex during pregnancy: 3DOs & 4DON'Ts

It's natural to worry about sexual activity affecting the fetus. In fact, it can remain sexually active during pregnancy. As long as couples communicate in advance what actions to avoid and pause if when any discomfort is experienced, staying sexually active helps improve intimacy, which is a very important part of the pregnancy! The father should understand his partner's needs and thoughts about sex during pregnancy and respect each other's feelings.

Yes

- 1 Acts of intimacy facilitates hormone release and helps the mother feel happy and loved.
- 2 Mid-pregnancy is the most stable and the most comfortable stage to have sex during pregnancy.
- 3 You can use the side-lying position, normal position, back position, etc., as long as it is comfortable and does not constrict the fetus.

No

- 1 Pregnant mothers who have a vaginal infection should stop all sexual activities.
- 2 Please avoid pressure on the stomach during the process and avoid too much intensity.
- 3 It is recommended to reduce unprotected ejaculation in the vagina because the presence of prostaglandins in the semen may induce uterine contractions.
- 4 Stop having sex if your partner is at risk of bleeding, severe uterine contractions, placenta previa, cervical incompetence, or preterm labor.

Do this with your partner to relieve the discomfort during pregnancy



**Mommy's
discomfort**

**I often vomit and feel nauseous,
and have no appetite**

**Daddy's
solution**

1. Keep plastic bags and garbage cans for vomiting within reach.
2. Give your partner warm water to rinse her mouth after vomiting to eliminate the aftertaste and avoid esophageal burns.
3. Soda crackers, dry toast, or cereals can help reduce stomach discomfort.
4. Oral health care is very important at this stage. It is recommended to prepare a child's toothbrush to avoid the gag reflex induced by opening the mouth wide.

**Mommy's
discomfort**

**A lot of changes to the body
and life, feeling moody and
depressed.**

**Daddy's
solution**

1. Chat with your partner more often on interesting topics.
2. Avoid reading sad books or watching sad TV dramas, or movies.
3. Be more considerate and be generous with sweet words.
4. If your partner's mood fluctuate too much, ask your medical professional for advice at pregnancy checkup.



**Mommy's
discomfort**

**Back pain is
unbearable,
I want to end this
suffering as soon as
possible**

**Daddy's
solution**

1. Use a maternity belt or moon-shape pillow.
2. Avoid letting your partner stand, sit, or lift heavy objects for long periods of time.
3. Give your partner massage and hot compress every day.



**Mommy's
discomfort**

Swollen feet at mid to late pregnancy

**Daddy's
solution**

1. Prepare comfortable, loose-fitting, flat, non-slip shoes.
2. Prepare warm water for your partner to soak her feet and help massage them at night.
3. When your partner is lying down, use a pillow to raise her legs to promote circulation.
4. Be careful about dietary intake, and reduce salt intake.

**Mommy's
discomfort**

Bothered by constipation.

**Daddy's
solution**

1. Prepare fruits and vegetables rich in dietary fiber.
2. Adequate daily hydration, weight (kg) X 30ml/day or 2000ml/day.
3. Do moderate exercise with your partner, such as walking after meals, yoga, and simple stretching exercises.
4. In severe cases, seek medical advice.



Additional
Resources



[Health Promotion
Administration]
"Physical Activity
for All"
Guidelines,
Chapter 10



**Mommy's
discomfort**

Can not sleep well at night

**Daddy's
solution**

1. Avoid late-night snack and sweets before bed to prevent poor sleep caused by excess fetal movement.
2. Set up a comfortable sleeping environment, including temperature and lighting.
3. In severe cases, seek medical advice.

**Mommy's
discomfort**

I hate going to the toilet so often

**Daddy's
solution**

1. Some mothers may drink less water to avoid frequent urination, so it is important to remind your partner to stay hydrated during the day when toilet is accessible.
2. When driving or traveling long distances, please be aware of your partner's need to use the bathroom.
3. Be aware of the safety in accessing the toilet at night, such as installing a night light.

Communication skills with partner

Pregnancy is not easy with a ballooning belly, nausea and frequent urination and constipation... combined with hormonal influences, pregnant women inevitably have more emotional turmoil and may shed tears at the slightest thing, or become angry for no reason. Come! We're here to provide dads with some simple conversation tips to boost positivity and improve communication!

Please
Do NOT
say

For the sake of your baby, you should ...

"For the sake of your baby, you should control your weight", "For the sake of your baby, don't eat chilled food"...

Although we are all doing it for the sake of the baby, these words are accusatory and can upset her. We recommend that you turn your words into action: prepare the right food for your partner, and when it's bedtime, soothe her to sleep and help turn off the lights!

Please
Do NOT
say

You seem to have gained weight, your belly seems big

When your partner asks you if she has gained weight, it is recommended that you respond gently: "It's okay, many pregnant women are like this", "It's natural to change when you have a baby", and respond with positive, encouraging words. However, if the weight gain is beyond reasonable limits, or if the partner is concerned about the weight gain, please reply, "It's okay, we'll consult the doctor together at the checkup."

Please
Do NOT
say

You seem to cry a lot, you're a bit hysterical

When your partner has a lot of emotional rollercoasters, give her more comfort and hugs, don't say, "Why are you crying all the time?" Wipe her tears with actions instead of words. Sometimes she just wants to talk, not necessarily to get answers. And when you feel that your partner's mood swing is too much for you to handle, or you have too much negative emotions yourself, remember to seek help from a professional counselor. During pregnancy, fathers will also experience stress and anxiety, so take a break and refer to page 43 of the Handbook for tips on how to handle mental stress.



Why does miscarriage happen ? Tips for taking care of your partner

During pregnancy, there are unexpected situations occasionally. According to research statistics, there is a 10-15% chance of spontaneous miscarriage during pregnancy, and more than half of the miscarriages are due to abnormalities of the embryo itself, which is a natural elimination mechanism! So, miscarriage is more common than you might think!

The risk of miscarriage increases with age, and this risk is irrelevant to your diet or lifestyle. There is no need to blame yourself for the miscarriage, the best companionship is to go through it together.

When is the best time to prepare for another pregnancy

It takes time to adjust and recover physically and mentally, so it is recommended to discuss this with your doctor and wait until you're physically and mentally ready for your next pregnancy.

If you have recurrent pregnancy loss (have had 3 or more miscarriages at less than 12 weeks of gestation) or have a miscarriage caused by a specific illness, please work with your doctor to find out the underlying cause and undergo treatment.

How to take care of your partner who just had a miscarriage

1. Accept each other's emotions, doesn't have to say a lot of comforting words, sometimes a warm hug is better than words.
2. Allow each other to mourn and have time to heal, talk about your inner feelings, and give each other encouragement.
3. Restore physical condition and strength with good protein such as eggs, chicken, fish, beef or soy products.
4. You can consult a Traditional Chinese Medicine practitioner to prepare a suitable herbal tonic.
5. Take a trip with your partner and enjoy natural scenery for a change of mood.

Choose the appropriate method of delivery

There are other birthing methods besides natural birth or cesarean section at a medical facility. Depending on the health of the pregnant woman, you can discuss with your doctor or midwife during the pregnancy checkup the birth plan that is safe and desired by both partners.



If the mother is having a normal pregnancy, natural birth is usually preferred.

If you have an indication for cesarean section, for example, fetal malposition, previous cesarean, major illness of the mother, delayed labor, etc., discuss with the doctor and decide whether to choose a cesarean section.

Choose an appropriate method of delivery, do not choose a cesarean delivery without medical indications.

Also refer to the medical institution's birth plan before delivery, and discuss what you and your partner feel is a safe, comfortable and enjoyable way to give birth.



Additional Resources

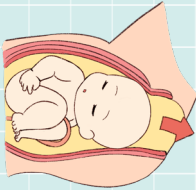


Birth Plan
from Medical
Institutions

Method

Natural birth

Birth through the birth canal



Benefits

- Perineal wounds are usually less painful than caesarean wounds.
- Recovery is quicker and mothers will be able to get out of bed soon after delivery.
- Pressure through the birth canal helps the baby's lungs to develop.

Disadvantages

- The time of birth is difficult to control.
- There will be labor pain, but it can be managed with the combination of non-medication treatment and medication.
- There is a slightly higher chance of having an unexpected event than with a cesarean section.

Days of hospitalization

Generally **3-5** days

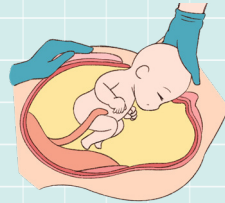
Additional Resources



[Health 99+]
Understanding the Birth Process-
Vaginal birth

Cesarean section

Surgical removal of the fetus from the uterus



- The time of delivery is more manageable.
- No labor pain is experienced.
- Reduces the possibility of sudden events during labor.

- Pregnant mothers will have a wound that make them can not get out of bed immediately.
- There is a possibility of scarring on the abdomen.
- There are many postoperative complications.
- The length of hospital stay will be longer.
- May increase the risk in the next pregnancy.
- Risk of postoperative adhesions.

Generally **5-7** days

Additional Resources



[Health 99+]
Understanding the Birth Process-
Cesarean section

Three major indications: Labor Pain, Rupture of Membrane, Bloody Show

Is your partner in labor? When should I prepare to go to the hospital for delivery? Pay close attention when your partner is close to her due date and showing the following three signs of labor, although it may not be necessarily to take her to hospital immediately. The three major signs of labor may not necessarily occur in a certain order, and labor pain may come without bleeding or rupture of membrane.

Labor Pain

For the first pregnancy, pregnant mothers should go to the hospital when contractions are about 7-8 minutes apart, but for the second or more pregnancy, the pregnant mother must go to the hospital earlier when experiencing regular contractions, because the labor process is faster and the delivery time is shorter.

Rupture of Membrane

If there is a large amount of clear or off-white fluid coming out of the vagina and it feels like it is coming out involuntarily, pregnant mothers can put on a pad and go to the hospital as soon as possible to wait for delivery.

Bloody Show

A small amount of bleeding does not suggest that labor is imminent, go to the hospital when experiencing regular contractions or when the water breaks. If bleeding is significant, please go to the hospital immediately.

When you are worried about the timing of when to go to the hospital, you can consult your doctor



1. If you are not sure if you should go to the hospital for delivery, you can call the maternity ward at the hospital 24/7 and ask for advice from the nursing staff or doctor on duty.
2. If you experience any other abnormalities, such as heavy bleeding or decreased fetal movement, please go to the hospital as soon as possible.
3. When you leave for the hospital, remember to bring essential items, such as personal identification documents, hospital bag, etc., and keep them in a familiar place at all times.

How to help your partner to reduce pain when she is in labor?

The partner who accompanies the pregnant mother in birth should not only participate in pregnancy checkups, but also take the initiative to understand the process of pregnancy and birth, and make a birth plan together with the pregnant partner, treating pregnancy and birth as a "major life event" for both of the couple.

The following are some suggestions for fathers to consider when accompanying pregnant partner during labor

1

Understand the knowledge of birth, the process of birth, and pain relief techniques in advance to avoid being overwhelmed and not knowing what to do when in labor.



2

During a natural birth, the mother may experience extreme mood swings, so please encourage her with positive words.

3

Take care of yourself. The process of labor and delivery can take hours or days, so take care of yourself and take time to rest and eat.

4

When accompanying your partner, remind and help her to relax during labor and delivery. If your partner is having a natural birth, you can use the 6 tips on the next page to help ease your partner's pain, provided that you ask the health care provider first whether your partner is fit to get out of bed.



6 Tips to help relieve labor pains

Both you and your pregnant partner should learn about common ways to relieve labor pains, and please discuss them with your doctor or medical professional before trying.

Change of posture

If the water has not broken, you can help your partner change to a more comfortable position in bed or move out of bed. Alternatively, the pregnant mother can use a birth ball to change positions, for example, sitting on a ball, leaning on a ball while standing or kneeling and swaying from side to side to relax, distract yourself from pain. When sitting on a ball, keep legs spread apart and body upright to increase the pelvic opening, reduce the discomfort of perineum swelling and waist pain. You should support your pregnant partner at any time on the side or provide massage.



Tip 1

Massage

When your partner is uncomfortable in labor, you can use a massage tool to roll on the partner's back, waist, legs, shoulders and neck for pain relief. Try gentle massaging with lotion or massage oil, using the whole palm, thumb or fist, in a way that is comfortable for her.



Tip 2

Shower, hot compress

With the permission of the medical professional, you can help your partner take a warm shower or apply a hot compress to her back (use a warm water bag with controlled temperature, do not use hand warmers to avoid burns) This can improve blood circulation and reduce muscle tension, and helps reduce the sensation of labor pain.



Tip 3

Tip 4

Music

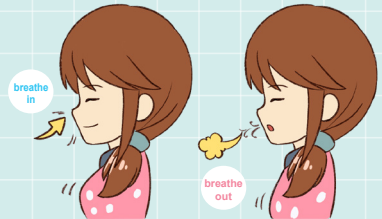
Music is relaxing and relieves the stress from labor pains. You can play music that your pregnant partner enjoys. If you are worried about disturbing others, you can prepare wireless headphones.



Tip 5

Slow and deep breathing

The breathing method that the mother feels most comfortable with is the suitable pain-reducing breathing method. There is no limit to breathing time, and pregnant mothers can breathe as slowly and deeply as possible, not necessarily through the nose or mouth. The key is to use focused breathing to distract from the pain. In addition, breathing is recommended to be paired with other pain relief methods, such as massage and changing postures for a more pronounced effect.

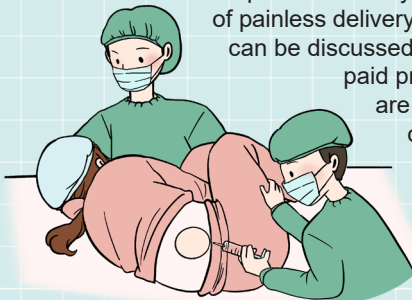


Tip 6

Painless delivery

Anesthesia is administered by an anesthesiologist, who injects anesthetic into the epidural space for pain relief, slowing down and blocking nerve conduction in the lower body to achieve pain relief.

The process usually takes 10 - 30 minutes. The timing of painless delivery varies from person to person and can be discussed with your doctor. This is a self-paid procedure. If you and your partner are considering having a painless delivery, it is recommended that you consult with the hospital or clinic of birth in advance.



What you can do for your partner during labor

Process

What mother can do

What partner can do

First stage of labor

Regular contractions to full cervical opening

- When feeling okay, try walking around more.
- Use different ways to relieve labor pains.
- Try to find the most comfortable position.

Second stage of labor

Full cervical opening to delivery

- Cooperate with the medical professional's instructions and push with the contraction of the uterus.
- Concentrate and focus on the fact that this is the last mile of the baby's impending birth.

Third stage of labor

Fetal delivery to delivery of placenta

- Open your eyes and look at the baby.
- The baby is finally born and you can relax.
- The newborn can have skin-to-skin contact with the mother on the delivery table.

- Keep your partner company and help her change positions or postures.
- Use massage, music or other method to help your partner relieve her discomfort.
- Talk to your partner more often, encourage her, and help distract her from the pain.

- Hold your partner's hand firmly, pushing and releasing with her.
- Gently encourage your partner, telling her that she is doing well and to keep going.
- Touch your partner's head and face gently.

- Help hold the baby while the baby is in skin-to-skin contact with the mother.
- Thank your partner for her hard work and effort.
- Feel the joy of a new baby with your partner.



The average time from labor pain to delivery varies from 14 to 16 hours for first-time mothers and 7 to 8 hours for the second delivery.



[Birth Empowerment
Alliance of Taiwan]
10 Lessons in
Maternity



Hospital bag checklist of essentials

As the best companion in caring for your partner and baby, it is recommended that you start preparing the hospital bag at around 32 weeks of pregnancy. Ask your obstetric clinic or hospital what supplies are available and what you are advised to bring to avoid preparing repeated items.

ID documents and cash	☐	Identity card, National Health Insurance card
	☐	Maternity Health Handbook
	☐	Credit cards, cash, etc.
Toiletries, etc. supplies	☐	Personal toiletries
	☐	Combs, skin care products
	☐	Maternity pads
	☐	Breast pads
	☐	Mask, disinfectant
Spare clothing	☐	Discharge clothes, warm clothes
	☐	Nursing underwear
	☐	Postpartum belt (for caesarean section)
	☐	Disposable underwear
	☐	Slippers
Utensils and tableware	☐	Reusable utensils and tableware
	☐	Cups, thermos flask
Baby supplies	☐	Baby clothes and towels
	☐	Age-appropriate car safety seat
Other	☐	Mobile phone, power bank, charging cable
	☐	Breast pump, bottle (according to personal needs)
Devices or items to relieve labor pain	☐	Massage tools
	☐	Hot compress bag
	☐	Music
	☐	Pillow (bring more for yourself)

Caring for the partner who just gave birth

Congratulations! You've met your beloved baby after a 10-month wait! At this moment, you and your partner must be filled with joy. Please reaffirm your partner's efforts, and at this time, she needs to rest and get some proper sleep. Please pay close attention to her needs and provide care and companionship.

Keeping warm

Whether your partner had a natural birth or a cesarean section, it is important to keep your partner warm after delivery. Socks and jacket can help. In addition, some women may sweat a lot for a few days after delivery. Please help your partner change into dry clothes and wipe away her sweat when required.



Eating

Prepare food according to the mother's appetite. In addition to staying hydrated, the mother will usually want to have a bowl of hot soup or warm liquid food after a good sleep. You can check if they are available near the hospital or ask your family members to help prepare them.

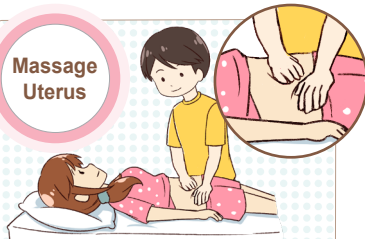


Getting out of bed

The mother who had a natural birth can get out of bed depend on her energy. When your partner tries to get out of bed for the first time after delivery, note that the change of posture may cause dizziness and pain, so please help your partner sit on the edge of the bed for a while and then gradually help her get out of bed or accompany her to the toilet. Cesarean section will delay the mother getting out of bed due to painful wounds. The mother is generally encouraged to get out of bed the next day after the pain of the wound has subsided. Also make sure your partner doesn't feel dizzy before getting out of bed, and then gradually move out of bed.



Massage Uterus



For natural births, the nursing staff will teach the mother or partner how to massage the uterus in order to speed up the contraction of the uterus and help the lochia drainage. You can also assist your partner in massaging the uterus.

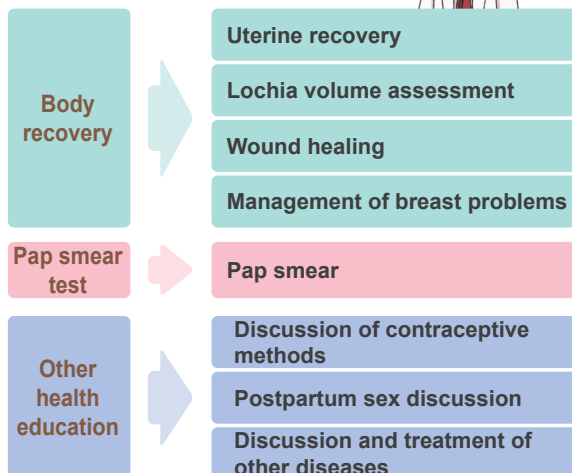
Postpartum discharge preparation and caregiving knowledge

The addition of a new life is also the beginning of a new lifestyle. Essential supplies and items to welcome new life should be prepared in advance. A gentle reminder to the dad, if you are driving, a "car seat for infants" is a must-have item. According to Taiwanese regulations, children under 2 years old should be placed in the back seat of the vehicle with a portable crib or rear-facing child car seat, which must be stable and does not shake. Also, be sure to fasten the seat belt.

Help your partner to pay attention to the time of follow-up appointments to the hospital.

After the birth, a postpartum checkup will be arranged to confirm the mother's recovery status. Please remember the date and bring your partner for the follow-up appointment. If your partner is not feeling well during the postpartum care period, such as wound infection, fever or abnormal bleeding, you should return to the hospital earlier.

Focus of the follow-up appointment



I will hold the baby tightly, can I not carry him or her while sitting the car seat as usual?

It's not a good idea to assume that "I'll just carry the baby for a little while since where we're going is so close", because when a car crash happens, the force of impact can be hundreds of kilograms. To avoid regrets, please be sure to adhere to the principle of always placing your child in a car seat.

Methods and prior arrangements for postpartum care

Postpartum care is an important event. Couples can choose to do it at home, receive help from family members, order delivery postpartum recovery meals, hire a confinement nannies, etc., or go to a postpartum care center to receive care. There are different options for postpartum care depending on the needs. It is recommended that fathers discuss with their partners as early as possible, and make arrangements and plans in advance.

Choose

Postpartum care at home

1. Consider the preparation of the postpartum recovery meal, either by family members or by ordering delivery.
2. Beware of missing meals due to childcare. Food left at room temperature for too long may spoil.
3. If your family is helping out, coordinate the duty assignment of caring for the mother and children.
4. It is recommended that you consider whether you share the same views with your elders about postpartum confinement to avoid conflicts.
5. When considering hiring a professional postpartum nanny, please make an appointment ahead of time. Please also communicate with her about the services she will provide.

Choose

Postpartum Care Center

1. It is usually recommended to start searching for a suitable postpartum care center after 4 months of pregnancy.
2. In addition to paying attention to the environment and whether the facility is legally registered, you can also observe the attentiveness of the staff.
3. It is recommended that the location is not too far from the father's workplace, home or primary caregiver to reduce travel time.



Additional Resources



[Maternity Care Website]
Choose a Registered
Postpartum Care Center,
Protect the Health of Mother
and Babies

More care and understanding of postpartum depression

The arrival of new life should be a joyful event, but sometimes postpartum depression can creep up on the mother and cast a shadow over her mood.

Why does postpartum depression occur?

Postpartum is a time of great physical and emotional change for mothers, and the stress of caring for a newborn and the chaotic pace of life can make a mother feel depressed. Postpartum mood swings usually start in 3-4 days and disappear within 2 weeks. It's not a major concern if daily routine is not disturbed.

However, if a father notices that his partner's mood is unstable for an extended period of time, please be alert. "Frequent depressive mood", "unexplained crying and self-blame", and "constant statements of negative thoughts" are typical symptoms of postpartum depression. Postpartum depression often involves physical, psychological, family, social and other aspects. You can make use of "The Edinburgh Postnatal Depression Scale" (10 items), it is a self-assessment depression index, and if she scores above the standard, please bring your partner to receive help from a professional doctor or psychologist.



You can be a support for your partner

When your partner is depressed, you can encourage her with words like, "I've noticed you've been crying a lot lately," or "tell me where you're not feeling well," so that your partner can express her emotions and talk about her worries. You can also share more of the household chores and childcare work to give your partner room to breathe. If it does not improve, please seek professional medical help with your partner.

You may also become anxious because you see your partner's hardship, so in addition to paying attention to your partner's emotions, if you find yourself in an abnormal mental or physical state, seek help from other family members. Don't forget, you also need to seek the help of a doctor or psychologist.



[Maternity Care Website]
The Edinburgh Postnatal
Depression Scale



[Maternity Care Website]
The List of Community
Psychological Counseling
Services in Counties and
Cities

Care for newborns: 5 essential tips

It's not hard to take care of a newborn, so practice these 5 essential skills and you'll be a super confident daddy!

1

Breastfeeding vs. bottle-feeding

The baby's mouth is open with the tongue sticking out and the head moving around as if it's looking for something - this is when milk is to be offered. Tapping the corner of the mouth with a finger induces the "milk-seeking reflex", it's not necessarily a sign that the baby wants to drink as the milk-seeking reflex is a natural response for babies. Basically, it is advisable to observe the interval between meals to determine whether the baby is hungry or not.

Breastfeeding Assistance

You can help breastfeeding from the sidelines, so that your partner will have a smoother breastfeeding experience.



1. Comfortable position

Prepare a nursing pillow or cushion to help your partner find a comfortable position to start breastfeeding.



2. Prevent spitting and reflux

Prepare a gauze towel or small facecloth in case you are caught off guard by a reflux or spitting.

3. Oral care

If your baby is awake, it is recommended that you use disposable gauze moistened with warm water to clean your baby's mouth after drinking.

4. Massage to soothe

Massage your partner's scalp, shoulders and neck to soothe her emotions.

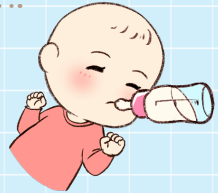


Bottle Feeding Assistance

Breast milk that has been pumped and saved in advance can be given to the father for bottle-feeding, giving the mother more time to do other things.

1. Tap the baby's lips

Tap the bottle on the baby's lips. When your baby opens his or her mouth, place the teat fully into his or her mouth.



2. Tilt the bottle

Tilt the bottle so that the teat fills with milk and the baby continues to suck without swallowing air.



3. Pause to burp

Newborns can only consume a limited amount of milk, so if your baby doesn't want to drink, tap gently to induce burping, and check to see if he or she wants to drink again. Do not force a baby who no longer wants to drink to finish the rest of the milk.



4. Oral care

If your baby is awake, it is recommended to use disposable gauze moistened with warm water to clean your baby's mouth after feeding.



Beware of the flow of breastmilk. Try turning the bottle upside down. The "1 drop per second" hole size is best for newborns to suck and swallow.



[Health Promotion
Administration]
Breastfeeding
Handbook

2 Burp

1. Hold the baby

Sit the baby on his or her side on an adult's lap while the father holds the baby's chin, neck and shoulders from the front with one hand.

2. Tap with empty palm

Cup your other hand and pat the baby on the back gently.

3 bathing

Caution

- No matter what the seasons is, it is most comfortable to keep the ambient temperature at 25-28°C when bathing.
- It is recommended to put in cold water before hot water to ensure baby's safety.
- The most suitable bathing water is around 37-38°C, which can be measured with a thermometer. If the baby's whole body is red after the bath, or rash and redness develop, the water is too hot, so please gradually lower the water temperature to find the right temperature.
- Avoid bathing the baby when he or she is too hungry or too full.

The rugby hold ("clutch") position



1. Hold the baby well

Position baby in a rugby hold position on the side by resting him or her on the same arm while supporting the back of the neck, and gently pressing his or her ears with your thumb.



2. Clean the baby's face first

With the other hand, gently scrub the baby's face with a clean, wrung-out cloth.



3. Then rinse the baby's head

Squeeze a small amount of baby shampoo and gently rub your baby's scalp, rinse with water, then gently dry with facecloth.



4. Finally, rinse the body

Lastly, wash the body in a baby bath tub, note that special attention may be needed for folds at the back of the neck, underarms and genitals.

4

Change diaper



1. Wash the baby's bottom

Rinse baby's bottom with warm water (or with wet wipes when water washing is not an option).

2. Hold the feet up

Lie the baby down and hold the baby's feet up with one hand.

3. Place the diaper

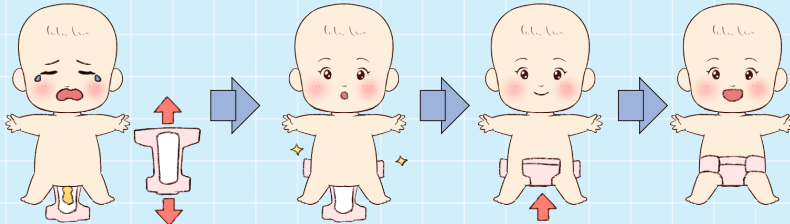
Place the clean diaper in the right place with the other hand and put the feet down.

4. Fasten the diaper

Lift the Velcro strips on both sides of the diaper, and stick them on the front and make sure they are secure.

5. Final check

Make sure the diaper fits snugly at the waist, and smooth out the diaper's rim on the side of the thighs.



How many clothes does the baby need?

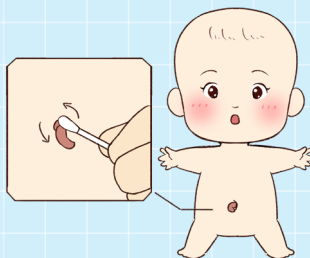
The body temperature of newborns is more unstable, so it is recommended to adopt the "layered dressing method", measuring body temperature by touching the back of the neck, and provide clothing as much as those for adults. In addition, you can also pay attention to whether the baby is sweating to decide whether to remove some clothes. If the baby needs to be kept warm while sleeping, you can use sleeping bag type pajamas for the baby or muslin wrap and expose the arms while keeping the face uncovered.

When you are out with your baby, check if there is a parent's room or parent-child toilet in a public place where you can make milk, feed your baby, or change your baby.



If your baby experiences mild diaper rash, ask your doctor or pharmacist if zinc oxide ointment is needed.





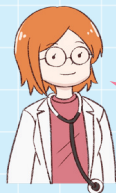
5

Umbilical
cord care**1. Sterilize first**

Use a sterile cotton swab with some 75% alcohol and wipe around the stump of the umbilical cord in an outward motion.

2. Then dry

Take another sterile cotton swab, put some 95% alcohol on it, and wipe around the stump of the umbilical cord in an outward motion.



The basic rule of taking care of your baby's stump is to keep it clean and dry. Parents are advised to follow the instructions of the hospital for umbilical cord care. Before it is detached, the baby should wear loose clothing and fold the diaper to keep the stump dry. If the baby has polyps or foul-smelling discharge or swollen skin around the umbilical cord, please return to the hospital for treatment.

Beware of abusive head trauma

Shaking the baby's head under normal care or while playing with the baby will not cause brain injury to the baby. Parents should not put too much pressure on themselves. The term "shaken baby syndrome" has become obsolete and now replaced with "abusive head trauma", which is usually caused by a caregiver suffering from emotional instability and shaking the baby vigorously.



[Health Promotion
Administration]
Home Safety Environment
Checklist



[Social and Family
Affairs Administration]
Buuurrr! I've Burped



[Social and Family Affairs
Administration]
Taking a Nice Bath:
Help Bathe and Clean the Mouth

Baby supplies list

To prepare for the birth of your baby, it is recommended that you start preparing around the middle of the pregnancy. You can ask and receive baby products from friends and relatives first, it's more environmentally friendly and cost-effective. Nowadays, shopping is very convenient, so you don't need to buy too much at once to avoid impulsive purchases.

Clothing Supplies	☐	Gauze clothes	Bedding Supplies	☐	Crib
	☐	Onesies		☐	Firm mattress
	☐	Jacket		☐	Bedsheet
	☐	Socks		☐	Sleeping bag type pajamas or wrap
	☐	Hat		☐	Others
	☐	Wrap scarf			
	☐	Other			
Bath Supplies	☐	Bath tub	Care Supplies	☐	Diaper
	☐	Gauze towel		☐	Ear thermometer
	☐	Towel, bath towel		☐	Wet wipes
	☐	Other		☐	Baby swab
		☐		Nail clippers	
		☐	Others		
Breastfeeding Supplies	☐	Nursing pillow (according to personal needs)	Outing Supplies	☐	Age appropriate baby car seat
	☐	Bottle teat (according to personal needs)		☐	Baby stroller
	☐	Bottle cleaning products		☐	Sling carriers
	☐	Sterilizer		☐	Others
	☐	Breast pump			
	☐	Milk warmer	Others	☐	Baby toys
	☐	Milk bottle or bag		☐	Mommy Bag
	☐	Nursing underwear		☐	Books for reading together
	☐	Breast pad		☐	Others
	☐	Other			

When the mom is breastfeeding, the dad's role is also very important

Breastfeeding is one way to give your baby good nutrition and benefit the mother at the same time. Although dads can't substitute the breastfeeding process, they can still provide important emotional support and practical assistance to mothers.

1 **Consensus between the couple is the key**

Couples can communicate and discuss breastfeeding plans in advance, and breastfeeding should be done with respect for the breast feeder's own wishes. If your partner encounters setbacks or is unable to continue breastfeeding or breastfeeding exclusively due to health or work factors, which may cause great emotional stress, please tell your partner that she is doing well and is the best mother she can be, and that you respect and support her choices.

2 **Maintain a balanced diet**

While breastfeeding, it's important to consume enough protein, balanced nutrition, and hydration. Also, try foods like milk, soy milk, sea bass, clams, malt beverage, longan, and sesame. You can help prepare suitable foods for your partner.

3 **Thoughtful actions for feeding in the middle of the night**

In order to avoid blockage of the mammary glands and mastitis, a mother should breastfeed or express her milk once every 1-4 hours, which means one of the expression would take place at midnight. If you find that your partner has quietly gotten up in the middle of the night, try to get up with her and turn on a night light, prepare a nursing pillow, help massage her shoulders or pour her a glass of warm water so that she doesn't feel alone. If there is a division of labor beforehand and you don't need to get up, you still need to express your concern, such as "thank you for your hard work!" "If you need me, let me know".

4 **Lactation problems can be solved by specialists**

During lactation, the mother may have too much milk, not enough milk, blocked milk glands, or even mastitis. You can use multiple channels for breastfeeding (lactation) problems, including medical institutions - Lactation Consultation Hotline or Breastfeeding Consultation Clinic, telephone consultation - Maternity Care Consultation Line (0800-870-870) and online information - Maternity Care Website. If your partner has a feeling of lethargy or fever, it may be a symptom of mastitis, please take her to the doctor for treatment.

5 Baby formula should be used when breastfeeding is not possible

When a mother is unable to breastfeed her baby exclusively due to medical or other reasons, she should use infant formula until the baby is one year old. Please consult your pediatrician and pay attention to safety and hygiene and the correct way to prepare infant formula, especially as it is not sterile and may contain bacteria, and should be prepared with water temperature of 70°C or above. Buy infant formula that has been registered by Taiwan Food and Drug Administration of Ministry of Health Welfare from reputable stores only, do not buy products from unknown sources.

6 Adjustments to chores assignment

It takes about 30 to 60 minutes to complete breastfeeding and milk extraction, and the mother needs to do it several times a day, which seriously affects her quality of life. The chores assignment should be reorganized, and the father should take the initiative to do extra, or be responsible for seeking help in completing them together.

7 About responding to family members

Welcoming a new baby is a big family event, and family members may be eager to share parenting advice. This is a good time for dads to become the buffer and communicate appropriately with family members to show your support for your partner.



Additional Resources



[Health Promotion Administration]
Breastfeeding
"4 Essential Things Dads Must Know" in Nutshell

Additional Resources



[Health Promotion Administration]
Family Support
Breastfeeding Video Series 1 - Daddy's Real Thoughts

Additional Resources



[Health Promotion Administration]
Family Support
Breastfeeding Video Series 2 - Secret Chat Room for Dads and Babies

Additional Resources



[Maternity Care Website]
Breastfeeding - Provides Information on Insufficient Milk, Mastitis and More

Why your baby is crying: soothe your baby when he or she cries

Crying is a way of communication before your baby establishes his or her language skills. Don't panic, it's perfectly normal to occasionally miss what your baby actually needs. The more you spend time with your baby, the higher your chances of making the right guess! Observe your child and learn to interpret your baby's way of communication!

SOP for addressing the basic reasons why your baby is crying



Hungry?

Think about how long it has been since you last fed your baby, is it possible that the baby is hungry?



Are the baby's diapers soiled?

Check to see if the baby has peed or pooped, or is your baby feeling uncomfortable?



Is the baby feeling sleepy?

Has the baby been awake for a while or tired of playing and wants to sleep?



Is the baby bloated?

Check to see if your baby's tummy is bulging, maybe your baby is feeling uncomfortable due to abdominal bloating?



The baby wants to say: "Can you hold me?" or "Can you play with me?"

First rule out the above four possible physical needs, if none of these are the problem, then it may be a psychological need. As he or she grows, the baby often cries with the implication of affection and wants company. Dad can talk to the baby, take a small toy to divert attention, or hold the baby and walk around, gently patting. Sometimes, changing the environment will calm the baby down.

When your baby won't stop crying, here's what you can do:

Occasionally, even after trying hard, your baby won't stop crying, which may make you feel frustrated and even angry! In fact, crying does not always mean there's something wrong and that every baby has his or her unique temperament. Parents who accept that their child can express their emotions by crying can help them build a sense of security, whereas if they show impatience and panic, they will make their child nervous. If you can't handle it right now, you can switch hands with another caregiver and leave for a while to calm down.

Why does your baby can't sleep through the night?

Many parents are troubled by their baby's sleep problems, especially during infancy period of 0-3 months, when the baby is almost always sleeping and waking up constantly, with no fixed circadian rhythm, affecting the caregiver's nighttime routine and sleep time.



**Within
1 month**

Sleeps around
15 to 20 hours



**2-3
months**

Sleeps around
15 to 18 hours



**4-6
months**

Sleeps around
14 to 18 hours



**7-12
months**

Sleeps around
12-15 hours

Do not rush to train your baby to sleep through the night

Some parents read articles about how the babies can sleep through the night at one month of age, and become anxiety when their baby can't sleep through the night at 3 or 4 months old, or even 8 or 9 months old.

In the first 3 months of your baby's life, don't rush to train him or her to fall asleep on his or her own or sleep through the night, because this is the time when your baby is supposed to eat, sleep and wake up. The mom and dad just need to establish a good nursing pattern and increase the baby's sense of security. Consider adjusting your baby's sleep pattern only after 3-6 months, and slowly lengthen your baby's sleep time at night.

There is no standard answer to sleep problems

Each baby has his or her own temperament and level of attachment needs. Some babies can easily fall asleep on their own by lying in a familiar crib, while others have to go through many steps to fall asleep.

Please relax, observe your baby's preferences, and prepare a comfortable, safe sleep environment for your baby, as he or she grows older, his or her sleep time at night will gradually lengthen.



Interactive mini-games for dad and his baby

It is recommended that you provide your child with a safe space and do not always hold your child in your arms, so that he or she can explore and play freely and promote physical and mental development through play. Here are a few simple games to make it easy for new dads to interact with their babies!

Game 1 "Grip 123" For: 3 months and older

Dad can put his fingers in baby's palm and let baby grasp the adult's fingers, or move his hands slowly to let baby visually track dad's fingers, or hold a small toy to entice baby to reach out and grasp.

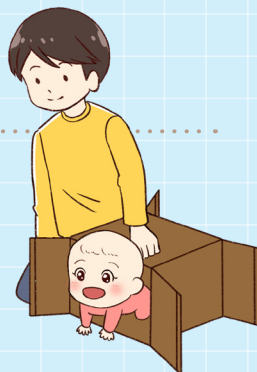
Benefits: Gripping is an instinctive human response, and you can improve your baby's hand-eye coordination through play.



Game 2 "Who's in the Mirror" For: 6 months and older

Dad can hold baby in the mirror and talk to him/her, he/she will reach out and try to touch it. At first, the baby may not quite understand that the person in the mirror is himself/herself, but when he or she is almost a year old he/she will know that the name his/her parents call is him/her and the person in the mirror is himself/herself.

Benefits: Most babies love to look in the mirror, and mirrors are everywhere! Mirrors allow babies to improve their sense of self-awareness.



Game 3 "Through the Cave" For: 8 months and older

Prepare a large cardboard box, open the front and back, and put toys on the other end of the box to attract the baby to crawl through the box.

Benefits: Box carton games can train baby's crawling ability, and if you open holes in the carton, there are more ways to play.

Additional
Resources



[Health 99+]
Can Play at Home
"Baby Lying Prone
Position" Game

Additional
Resources



[Health 99+]
Allow the Doodle-
Loving Baby Enjoy
Themselves

Parent-child reading has many benefits

Parent-child reading can promote emotional interaction and attachment between parents and children through dialogue, voice intonation, and physical interaction, allowing children to feel the love and care of their parents, as well as promote brain development and stimulate cognitive understanding and language development.

Read together at different ages

0-3 months old

Parents can hold their baby in their arms or lie in the crib and tell stories or talk to their baby in a soft, gentle voice to familiarize their baby with their gentle voice and build a good parent-child relationship.

3-6 months old

For babies who are particularly interested in brightly colored patterns, use soft cloth books or children's books that make sounds and read out the pictures in a gentle voice.

6-12 months old

Babies will begin to want to imitate the words and sounds of others, and parents can point to pictures and name objects or animals. Your child may throw books, bite books, or slap with their hands. These are all normal.

Enjoy the parent-child reading time together

- ✓ You don't need to set a rigid time limit for reading, and you can change the way you read together from time to time.
- ✓ Find a comfortable place to read, lying in the arms of an adult is a very popular way for children to read.
- ✓ Parents should get used to reading themselves. If there are books available everywhere in the house, children will naturally enjoy reading.

Babies under 2 years old should not be exposed to consumer electronics products. Please use physical books for parent-child reading.



[National Taiwan Library]
Infant Reading Promotion Program



[Ministry of Education Reading Initiative]
Public Library Resources



Basic Introduction



Reading to the Womb



0-6 months

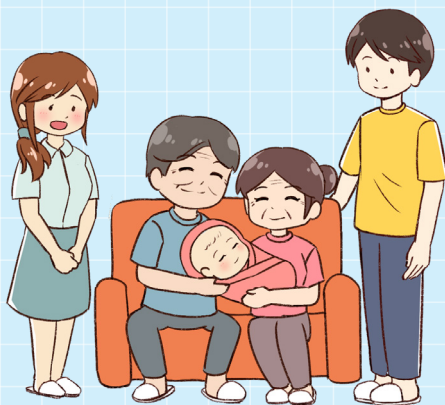


6-12 months

[Health Promotion Administration]
Complete age-appropriate parent-child reading skills

Be a bridge of communication between elders and partner

Times are changing, and parenting concepts are constantly evolving. New parents have their own parenting ideas, and they are afraid of encountering differences in concepts and poor communication with their elders on the parenting journey, as this may cause rifts or harmed relationship. The following 4 skills will help dads become a bridge between their partners and their elders.



Tip 1

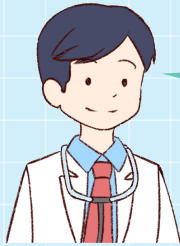
Parents are responsible for the upbringing of their children

The addition of a young child brings joy and energy to a family, and family members will want to step in to help care for them, but all this intense affection can also bring chaos. New parents need to understand that they are the primary caregivers of their child and can communicate their opinions to their family in a firm and confident manner. Couples must stick to their principles when it comes to dangerous situations such as sitting in a car seat or letting a child sleep on his or her belly, but other harmless decisions can be made and suggestions from others can be accepted.

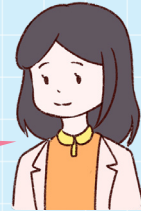
Tip 2

Listen rationally and consider carefully the opinions of elders

When elders offer a wide variety of parenting advice, parents can be open and cautious about it. Instead of immediately dismissing their advice, listen and thank them for their concern, and show the family that you will carefully consider the advice and avoid frustrating them by rejecting it outright.



The nutrition is enough for now, please don't worry



You can dress the baby in layers.

Tip 3

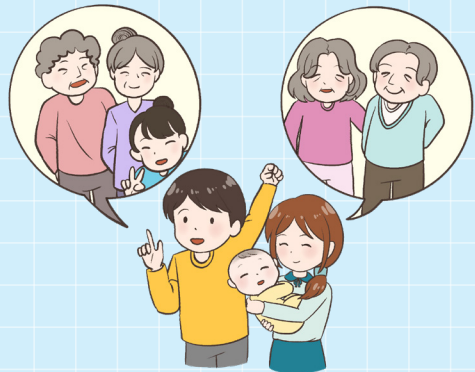
Make use of influential individuals to communicate on the views that elders insist on

Sometimes the elders have their own views, such as children need to wear more clothes so they don't catch a cold, or young children can watch cartoons. Relatives, friends, doctors or experts are "influential people" to help improve communication. You can say that you consulted the doctor or more experienced friends, for example: "The doctor said the babies are not that vulnerable to the breeze, wearing too much might cause heat rash", or "a teacher said that children should not be exposed to electronics at such a young age, it will affect eyesight or cause severe myopia".

Tip 4

Be a person of connections instead of a simple messenger

People from different family environments, habits and communication styles inevitably differ. When partners and elders disagree, dads should step forward to act as a person of connections, and it is recommended that you take away some of the emotions to avoid acting like a simple messenger by relaying negative comments to partners or family members. It is also recommended that you and your partner communicate with your respective relatives to avoid misunderstandings.



How does a father strike a balance in life?

There's a saying, "Only when you become a father that you know how to be a father." It is difficult to explain in simple words the sweetness and hardship of being a father, and it is only after becoming a father that one can realize more deeply the love, responsibility and obligation to the family and children.

Couples are like a team, working together to care for and raise their children. Inevitably, there will be arguments in the process, but both partners should support each other, communicate actively, tolerate and complement each other, so that children can grow up happily in the company of their parents.

How dads balance work, family and friends is a difficult question for many. Here are some ways to help you adapt to the role of fatherhood more quickly.



1. Communicate with your partner and coordinate tasks with each other

Together, discuss the ideal "division of labor" with your partner. For example, if the father is used to getting up early, he is responsible for taking the children to the babysitter's house, and if the partner can get off work on time, she is responsible for picking up the children. The family is a shared responsibility, just like running a cooperative. You can assign the household chores according to your own strengths and abilities, and when one partner is too busy, you can fill in. Don't fuss over who's doing more, and create a happy and harmonious home together.

2. Plan parenting activities and share parenting experiences

When you have a family, it's hard to get together with colleagues and friends as you normally would. Then let's form a parent-child social group! Let the kids join the social circle, and the adults can share parenting tips and cheer each other on.



3. Build a supporting network with family, friends, and colleagues

Family members and friends are indispensable helpers in parenting. If you have a problem, ask for help and let your family members and friends to provide temporary support. If you can form a support network with colleagues and friends who have children of a similar age, you can also help each other with parenting. Chapter 7 of the handbook also provides information on parenting resources for fathers.

4 ways to improve parenting

Hope you're doing all right with the feeling of burning the candle at both ends as new parents! Although you've tried hard to find a balance between work and family, the challenges that come your way can still be frustrating and exhausting. We suggest that you take priority so that you don't get stuck in a quagmire of "not having enough time and energy". Improve the "quality" of your time with your child by doing the following!

1 Establish a regular family time

Find regular times in your schedule when you can spend time with your family, such as breakfast or dinner together, picking up the kids in the evening, taking them to the park for breakfast on the weekends. Put aside any distractions and devote yourself to your family time.



2 Understand your child's developmental needs

Dads can learn more about what their child's developmental priorities are at each stage, and identify skills and resources to help their child grow, which will help improve the quality of parenting.

3 Put down your electronic devices for better intimacy

Spending time with your children and family requires that you are present "physically and mentally", so when you are chatting with your partner or discussing things, put down your phone for a while! When you are playing with your children, please turn off the TV and the computer, and take advantage of the precious moments with your family and devote yourself to them!

4 Consistent parenting values

It is recommended that fathers have consistent parenting values with their partners, to reduce conflicts and contradictions in family management. When disagreeing on something with your partner, you can communicate and discuss with each other to find common rules that best suit both parties.

Additional Resources



[Health 99+]
Raising Happy Children at 0-6 Years
Old with Love
The Positive Parenting Handbook

Parenting transition period for parents with lack of sleep

After having a baby, new parents may have sleep deprivation problem. In order to match the baby's daily routine, it is very common for sleep to be interrupted. The average sleep time for parents in the newborn stage is only 5-6 hours. Usually, before 6 months old, the baby is still unable to establish a full-night sleep routine. As the baby grows, this will gradually improve. Dark circles under the eyes is just a mark of the transition period, you can also try the following methods to improve your sleep quality.



Techniques to lengthen your baby's sleep

- Newborns' neurological reflexes are not yet fully developed and they may wake up easily, use a towel or a blanket sleeper to wrap your baby's body and simulate the feeling of being in the womb, which offers a sense of reassurance.
- At 2-3 months of age, your baby will gradually be able to distinguish the difference between day and night. You can try to cultivate bedtime rituals, such as listening to stories before bed, adjusting to dim lights and massaging, so that your baby can establish good sleep habits.
- As your baby grows older, adjust the amount of milk you give before bedtime so that the baby can feel full to lengthen the interval between feeding and gradually reduce the number of nighttime feedings.



Take time to rest or catch up on sleep

- Try to go to sleep with your baby (in the same room, in a different bed) and put aside household chores and mobile phones for a while.
- Coordinate the division of labor with your partner and take turns taking breaks to help take care of your baby.
- Use your lunch break at work to catch up on sleep as much as possible.

How do dads handle stress?

We often talk about women's pregnancy and postpartum depression, but fathers can also suffer from maladjustment, stress, and even depression due to the change in status!

Maintaining a family is a responsibility of both parents. While the mother's mood needs to be taken care of, the father's emotions are equally important! Listening and support for each other is an important way to relieve stress, and don't be afraid to ask for help. When dads are in serious emotional distress, they can arrange for psychological or marital counseling to find an outlet for their stress.

Tips to relieve stress

- Arrange a relaxing family trip.
- Take time to exercise and relieve stress by breaking a sweat.
- Do nothing and allow yourself to space out for 10 minutes a day.
- Tell your partner or family member about your stress, talk about your feelings, and face it together through communication.
- If parenting is too stressful, leave your baby with a family member and step away from the scene for a while.

Mood Thermometer

The Mood Thermometer (Brief Symptom Rating Scale) can be used to understand the degree of emotional distress. When you feel nervous, downcast, or even depressed, please do a self evaluation, and if you have severe emotional distress, it is recommended that you seek a professional psychotherapy or medical help right away.

Additional Resources



[Health 99+]
Mood
Thermometer

Men's Care Hotline

If you are facing problems with your marriage, family or parent-child relationship and don't know how to adjust yourself, you can use the Men's Care Hotline offered by the Ministry of Health and Welfare:

0800-013-999

Free online counseling services



7 days Paid Pregnancy Checkup and Paternity Leave

Pregnancy checkups and birth are important moments for both spouses. Therefore, fathers can apply for "paternity leave" to nurture their babies together with peace of mind!

Under the "Act of Gender Equality in Employment", fathers can apply for "paternity leave" during their spouse's pregnancy to attend prenatal exams, and later use the leave to accompany the birth of the new baby and care for the partner who has just given birth. In addition, there is also leave for mothers to recuperate from pregnancy, and family care leave that both parents can apply for, which can be found in "Gender Equality at Work" of additional resources section.



- There's a total of seven days of paid leave for pregnancy checkup accompaniment and paternity leaves.
- The dad can decide the number of days to be used for the paternity leave.
- You can choose to take leave in "days", "half-days" or "hours".



Employers cannot refuse an employee to take a paternity leave.

If the employer refuses the father's application for paternity leave, the employer shall be imposed with a fine of NT\$20,000 to NT\$300,000. If you have any questions about the application, please call the Ministry of Labor:

02-8995-6866

A representative will be ready to assist you.

Additional Resources



[Ministry of Labor]
Creating a Parenting
and Family-Friendly
Workplace

Additional Resources



[Ministry of Labor]
Gender Equality
at Work

Parental leave without pay & parental leave allowance and subsidy

After the birth of a baby, there is often a dilemma between a stable financial source and spending time with the child, so "parental leave without pay" and "parental leave allowance" are parenting benefits that both parents can take advantage of.

Application for parental leave without pay

1. After the parents have worked for 6 months, they may apply for a parental leave without pay for up to 2 years and until each child reaches age 3. Parents who also have childcare needs may also apply for parental leave without pay at the same time.
2. If you are raising more than 2 children under the age of 3 at the same time, the period of parental leave without pay for childcare should be added up, up to a maximum of 2 years for the youngest child.
3. The period of parental leave without pay for childcare shall be no less than 6 months at a time. However, if you have a need for less than 6 months, you may apply to your employer for a period of no less than 30 days, and you may apply 2 times in total.

Application for parental leave allowance

1. Parental leave allowance is an essential support measure for parents who are taking time off work to care for their baby at home.
2. If you are insured with employment insurance with a total duration of at least 1 year (not limited to the same company), you can apply for a parental leave without pay and allowance from your company until your child reaches the age of 3.

How much can I receive for the parental leave allowance?

1. The parental leave allowance is calculated based on 60% of the applying employee's average monthly insured salary for the first 6 months from the month of your parental leave, and is paid monthly, for a maximum of 6 months per baby.
2. In addition, to enhance financial support, the government will provide an additional 20% salary subsidy (the total allowance and subsidy will be paid at 80% of the average monthly insured salary of the applying employee).

Additional Resources



[Ministry of Labor]
Parental Leave
Allowance

Additional Resources



[Ministry of Labor]
Parental Leave Salary
Subsidy

Parental allowance and childcare subsidies

Use allowances and subsidies to ease the burden of parenting and give parents greater peace of mind on their parenting journey.

Aged 0-2 years old or younger.

Criteria The most recent annual combined household income tax rate is less than 20%.
Choose one between childcare subsidies and parental allowance.



Option 1

Childcare subsidy

Placement in publicly-owned privately-run childcare centers, public childcare centers, quasi-public childcare centers and quasi-public babysitters

From August 2022		Monthly subsidy for parents		
The number of children	The type of childcare	Public childcare/homes	Quasi-public babysitter and childcare center	
		Subsidy for the first child	NT\$5,500	NT\$8,500
		Subsidy for the second child	NT\$6,500	NT\$9,500
		Subsidy for the third child or more	NT\$7,500	NT\$10,500

Option 2

Parental allowance

Non-contracted private childcare center, babysitter/taking care of your own child

From August 2022	Monthly payment
Subsidy for the first child	NT\$5,000
Subsidy for the second child	NT\$6,000
Subsidy for the third child or more	NT\$7,000

This is the standard amount as of August 1, 2022. The allowance and subsidy amount may be subject to change in the future. For the latest information, please refer to the parental allowance and the quasi-public childcare center in the additional resources section.



[Social and Family
Affairs Administration]
Parental Allowance and
Quasi-public Childcare
Center Zone

Flexible working hours for childcare

1. Where employed by a company that employs more than 30 people, the employee (mom or dad) can reduce the working hours by one hour per day (without pay) or adjust the working hours in order to take care of a child under the age of 3.
2. In the case of employment in a company with a staff size of less than 30, the employee (mom or dad) may be in agreement with the employer, reduce the working hours by one hour (without pay) or adjust the working hours.

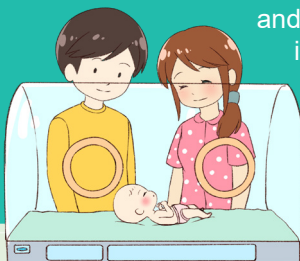
Special childcare resources

If you have a premature baby or multiple births and need more help with parenting, the following resources are provided for reference and you are encouraged to visit the website of the Social and Family Affairs Administration for more information.

Premature child at home

Premature babies who are born too early and underweight may require more care and attention after birth because their body organs are not mature.

When you have a tiny premature baby, you can contact the Social Affairs Bureau of your county or city government (division) for information on birth subsidies, parental allowance, childcare subsidies, child and youth living allowances, medical subsidies for vulnerable children and adolescents, and other related information. After evaluation by medical facilities, you can seek assistance for your child through early intervention referrals if needed.



Premature Baby
Foundation
of Taiwan



[Health Promotion
Administration]
Premature Child Childcare
at Home Handbook



[Health Promotion
Administration]
Premature Baby Health
Handbook



[Social and Family Affairs
Administration]
Notice on Children with
Developmental Delays
and Case Management
Services Network

Family with twins or multiple births

The satisfaction and hard work is doubled when caring for twins (or multiples), and both of the couple need to work together to have enough physical strength and time to care for the babies. The following resources are provided for parents' reference.

Proportional increase in maternity benefits

The maternity benefit provided by Labor Insurance is based on the average monthly insured salary for the first 6 months from the month the female insured gives birth or gives birth prematurely (the month of surrender for those who give birth after surrendering the insurance). Maternity benefit is paid for 60 days at a time, and the amount is increased proportionally for mothers who have twins or more. It is important to note that maternity benefits must be applied for by the mother, so please remember to remind your partner not to miss out on her rights!

Both of the parents with twins can each receive one year of parental leave allowance and salary subsidy

If both partners are insured under employment insurance, both of them can apply for parental leave without pay and parental leave allowance at the same time in accordance with the Act of Gender Equality in Employment. The total allowance and salary subsidy is 12 months for one child and 24 months for two children.



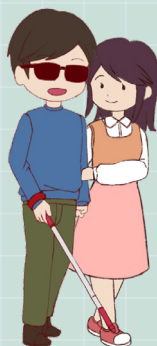
[Ministry of Labor]
Labor Insurance
Maternity Benefit Zone



[Health 99+]
Mommy Good
Pregnancy Section for
Multiple Births

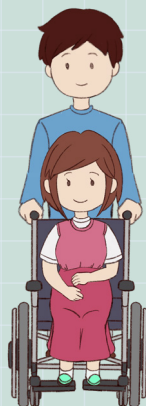
Parenting resources for parents with physical and mental disabilities

If a parent is physically or mentally disabled, they may face problems caring for their baby. There is no such thing as a perfect parent. You can find the right resources and ways to care for your baby.



The MOHW Social and Family Affairs Administration's Center for Assistive Technology Resources and Popularization has set up a "Doctor of Parenting" section in the "Aids Resource Portal" to help parents with physical and mental disabilities gain more information about parenting.

In addition, in order to provide appropriate information to parents with physical and mental disabilities who are preparing to become parents, the League for Personas with Disabilities has published the "Pregnancy Handbook for People with Physical and Mental Disabilities" and the "Parenting Handbook for People with Physical and Mental Disabilities" in the hope of helping parents with physical and mental disabilities to find applicable and feasible methods.



Additional Resources



[Social and Family
Affairs Administration]
Doctor of Parenting

Additional Resources



[League for Personas with
Disabilities]
The Pregnancy Handbook
for People with Mental and
Physical Disabilities

Additional Resources



[League for Personas with
Disabilities]
The Parenting Handbook
for People with Physical
and Mental Disabilities



Parenting advice and resources for LGBTQ families

Pregnancy and parenting in a gender-diverse family is more challenging, and we're sure you've been through a lot of trials and tribulations. Whether you are a mom, a dad, or go by another name, whether your child is related to you by blood or not, you are the parent of your child! Here are some suggestions for you to consider on your parenting journey.

1

Discuss your coming out strategy to others with your partner in advance

Be open and assertive in explaining to medical staff, babysitters, etc. how you want to be addressed: "I am the mother's spouse/partner," "I am the baby's other mother/dad," "Please call me Miss OO or Mr. OO," to establish an open and trusting relationship with medical staff and babysitters.

2

Create a friendly childcare environment for your child

When looking for a child care center or babysitter, make sure they understand your family's composition; share the good news with family and friends while explaining who you are and your relationship with your child; and most importantly, feel free to keep in touch with more LGBTQ families who are happy to share their parenting experiences, and other LGBTQ families will become important partners.

3

Do your homework to understand the legal rights of LGBTQ families

The birth certificate of a child can already contain the names of both LGBTQ parents; LGBTQ spouses can apply for the county or city's birth incentive based on either one of the partner, and LGBTQ spouses need to adopt a child to establish full parental rights after birth. It is recommended that you learn more about the basic rights of LGBTQ families to better protect the rights of the family. There are some related websites that you can check out, such as: Taiwan LGBT Family Rights Advocacy, Taiwan Gender Equity Education Association, Taiwan Equality Campaign, and the Taiwan Alliance to Promote Civil Partnership Rights.

Additional
Resources



[Gender Equality Committee of
Executive Yuan]
Diverse Gender Advocacy
Sharing by Various Agencies
Resource Platform

Pregnancy checkups & parenting classes participation form

Number of pregnancy checkups	Week count and date	Important things to know about the pregnancy checkup/ your takeaways
1st pregnancy checkup	weeks pregnant Date: Year Month	
2nd pregnancy checkup	weeks pregnant Date: Year Month	
3rd pregnancy checkup	weeks pregnant Date: Year Month	
4th pregnancy checkup	weeks pregnant Date: Year Month	
5th pregnancy checkup	weeks pregnant Date: Year Month	
6th pregnancy checkup	weeks pregnant Date: Year Month	
7th pregnancy checkup	weeks pregnant Date: Year Month	
8th pregnancy checkup	weeks pregnant Date: Year Month	
9th pregnancy checkup	weeks pregnant Date: Year Month	
10th pregnancy checkup	weeks pregnant Date: Year Month	



Additional
Resources
[Health Promotion
Administration]
Pregnancy Checkup
Items and Subsidies

There are 14 pregnancy checkups (publicly funded) for pregnant women. When dads attend the checkups or parenting classes, please write down the number of weeks and dates. In addition, you can also write down your experience or the important things you learned during the pregnancy checkup.

Number of pregnancy checkups	Week count and date	Important things to know about the pregnancy checkup/ your takeaways
11th pregnancy checkup	weeks pregnant Date: Year Month	
12th pregnancy checkup	weeks pregnant Date: Year Month	
13th pregnancy checkup	weeks pregnant Date: Year Month	
14th pregnancy checkup	weeks pregnant Date: Year Month	
1st parenting class	weeks pregnant Date: Year Month	
2nd parenting class	weeks pregnant Date: Year Month	
3rd parenting class	weeks pregnant Date: Year Month	
Others:	weeks pregnant Date: Year Month	
Others:	weeks pregnant Date: Year Month	
Others:	weeks pregnant Date: Year Month	

Household chore table

The chore table allows you and your partner to discuss how to assign the chores and responsibilities. Please check the box if you are responsible or otherwise, and write down the number of times per week in the comment box.

Chore Items	Dad	Mom	Other	Remarks
Sweeping and mopping the floor	☐	☐	☐	
Doing adults' laundry	☐	☐	☐	
Doing children's laundry	☐	☐	☐	
Hang clothes to dry, put away clothes	☐	☐	☐	
Tidy up after meals (washing dishes, cleaning table)	☐	☐	☐	
Wash milk bottles	☐	☐	☐	
Organizing the house (living room, room storage, etc.)	☐	☐	☐	
Prepare three meals (cooking, buy meals)	☐	☐	☐	
Take out the garbage	☐	☐	☐	
Clean the bathroom	☐	☐	☐	
Take care of pets	☐	☐	☐	
Buy baby formula, diapers, household items, etc.	☐	☐	☐	
Do something thoughtful for each other (e.g. small card, small gift)	☐	☐	☐	
Others	☐	☐	☐	
Others	☐	☐	☐	

Baby safe sleep environment checklist

Make sure
your baby's sleep
environment is
safe to prevent
SIDS risk factors.

Additional
Resources



[Health Promotion
Administration]
Infant Safe Sleep
Environment Zone



Under one year of age, the baby should sleep on his/her back every time.



Do not allow the infant to sleep on sofas, chairs, cushions, or adult beds.



Make sure that nothing is covering the baby's head.



Do not allow anyone to smoke near the baby and ensure a tobacco-free environment.



Avoid overheating, including wearing too much clothing and over-wrapping the baby. When air conditioning is not available, ventilation is recommended.



If additional warmth is needed, put on sleeping bag-type pajamas for the baby or wrap the child in a muslin wrap with arms exposed instead of a blanket.



The baby does not sleep with others, it is recommended that the baby sleep in the same room with the parents in different beds.



No soft and fluffy objects are allowed in the sleeping area, including pillows, toy pillows, bedding, covers, woolen products, blankets, sheets, stuffed toys, bumper pads, and other soft objects.



The surface of the bed must be firm and flat, and the exterior coverings must be securely flat.

Changes that happen when you become a father

The checklist will help you think about what you might encounter when you become a father, so you can prepare for it early. Please check the box if you already know the following situations and are starting to prepare or adjust.

Your partner is pregnant, are you ready?

- ☐ 1 Learn about pregnancy and childbirth, have pregnancy checkups with your partner, etc.
- ☐ 2 Discuss with your partner about the way of birth.
- ☐ 3 Discuss and prepare for the postpartum care with your partner.
- ☐ 4 Discuss with your partner how to raise and feed your baby.
- ☐ 5 Discuss with your partner who will be the primary caretaker of the child in the future.
- ☐ 6 Allocate time for your family and children.

The baby is born, are you ready?

- ☐ 7 Sleep time will be reduced because of childcare.
- ☐ 8 The baby may cry and you need to learn patience and emotional control.
- ☐ 9 There is no absolute SOP for parenting and occasionally it can be frustrating and confusing.
- ☐ 10 The stress of feeling nervous and anxious when your child is sick.
- ☐ 11 Divide household chores and childcare tasks with partners and family members.
- ☐ 12 Understand that a couple's relationship will change because of having a child.
- ☐ 13 There will be various supplies and items for child in the house.
- ☐ 14 The expenses of the family will increase.
- ☐ 15 Family members may give advice on parenting and you need to communicate between them and your partner.

Baby competence checklist

The checklist will help you understand what you need to do to care for your baby. Please check the items that you, as a dad, have learned.

☐

Umbilical cord care

☐

Bathing

☐

Warm up breast milk

☐

Make formula

☐

Feeding

☐

Sterilize the bottle

☐

Burping

☐

Sleeping

☐

Soothing

☐

Changing diapers

☐

Dressing

☐

Massage

☐

Playing and talking to your baby

☐

Make complementary foods

☐

Feeding the baby complementary foods

☐

Clean your baby's mouth

☐

Use a sling carrier

☐

Take the baby's temperature

☐

Giving medicine

☐

Other

☐

Other

☐

Other

Ready to be a father again?

Being a father again is usually easier than being a new father for the first time, but there are some tips to help you get ready to be a father again from the time you prepare for pregnancy.

Physiological Aspects

When preparing for the next child, if the interval is longer, you should pay attention to whether your partner has a physical difference, a change in her physiological condition, and whether she is ready to get pregnant again.

It is generally recommended to wait more than a year after the birth of the previous child before conceiving, so that the mother's body has enough time to recover and the couple can focus on caring for the baby. If the interval is not more than 6 months, the risk of premature birth or low birth weight is more likely to occur when you get pregnant again.

Psychological Aspects

Before the baby joins the family, ask yourself: are you ready for this? Because the father will have to take on some of the tasks and roles of caring for the older child, so that the partner can have time to rest and reduce the physical and mental stress on the mother. Secondly, please also consider whether the older child is ready. It is advisable to communicate with your older child first, so that he/she understands that there will be a younger brother or sister in the family, and to take him/her to the park to play and spend more time with him/her to relieve anxiety.

Economic Aspects

You will go through the expenses of the previous child such as pregnancy checkups, delivery, and postpartum confinement again for the next child. After the baby is born, there will be living, medical and education expenses, which will be doubled, so parents should do financial planning in advance.

Lifestyle Aspects

Pregnancy is a shared experience for both mom and dad. You will need to go through the pregnancy checkups, delivery, and parenting process with your partner again, and social activities will change. Coming home to your child is a responsibility that dads need to take on, while the sound of your child's laughter will be doubled.

Notes on preparing for the next baby

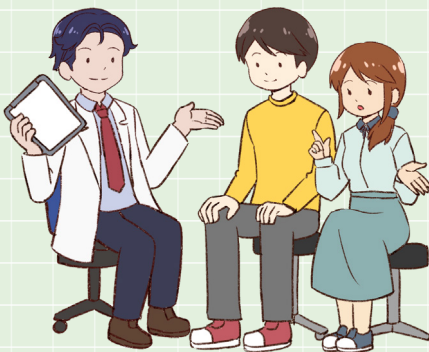
Although you already have experience, you'll still face different problems when preparing for your next baby. Please pay more attention to accompany your wife through the pregnancy and childbirth period.

1. Consider all factors to plan for the next child

Every couple has different considerations on whether to have another child. Some people want to wait a few more years to have another child because of their family's financial situation, while others want to have the next child as soon as possible to grasp the golden period of childbirth. There is no standard timetable for when to have the next child, it is mainly a matter of finding a consensus between the couple.

2. Adjust your work and rest to maintain a good lifestyle habit

If you want to welcome your next child smoothly, it is recommended that you start by adjusting your lifestyle and work habits. If you are a smoker or drinker, please quit. The couple should develop regular exercise habits together, such as running, cycling, aerobics, etc., and avoid staying up late, maintain a balanced diet, which will help improve the body's circulation and metabolism, to create a good physical condition for conception.



3. When you want to conceive again but have no good news after a long time

If you are having regular sex and have not conceived after more than a year, it is recommended that you consult your doctor to find out the possible cause.

4. Men and women should be aware of the risks of pregnancy at an older age

We remind mothers and fathers that while you may be more mature and stable in terms of financial and parenting patience at an older age, however, both men and women may be at increased risk in pregnancy at an older age (geriatric pregnancy), so it is advisable to take advantage of the ideal age of pregnancy for the next child.

Common contraceptive methods

If a mother or father is not ready to have another child, they can use the following methods of contraception. If the couple has agreed not to have any more children, they can also consider sterilization for permanent birth control.

Coitus interruptus (withdrawal)
Safe period calculation

High failure rate
Not recommended

The morning-after pill

It is considered an after-the-fact remedy and is not suitable for regular use contraceptive method

Oral contraceptive pills

The failure rate is about 9%

Condom

The failure rate is about 18%

Intrauterine device (IUD)

The failure rate is about 0.8%

It should be noted that pregnancy is also a possibility while in lactation. Even if the mother's period hasn't started yet, but ovulation may have already resumed, so it is still important to ensure contraception is used.

※ The failure rate refers to the rate of pregnancy while using this method over one year. It may vary depending on the individual's body condition or method of use, so please consult your doctor to choose the most appropriate method of birth control.

Male or female sterilization can be considered if you and your partner no longer want to have children

Male

The vas deferens are ligated and cut off so that the sperm cannot pass through. The procedure is simple and does not require hospitalization.



A semen test should be performed 3 months after a vasectomy to ensure that the semen is free of sperm in order to ensure effective contraception. Other forms of contraception should be used until this is confirmed.

Female

The two fallopian tubes are ligated and cut off so that the egg cannot pass through. Female sterilization has a higher risk than male sterilization (anesthesia is required and there is a 0.3-0.7% chance of ectopic pregnancy after the procedure).

If you're not getting pregnant after trying for some time, you can consider assisted reproductive technology

It is common for couples who have had a successful birth with their previous child to assume that they will be able to conceive naturally afterwards. However, as you get older and your body changes, some couples may experience secondary infertility, which means that you may not be able to conceive your next child, so please seek early medical treatment. If a physician has recommended you and your partner to undergo IVF, please refer to the following information.

Subsidies related to infertility treatment (IVF)

To reduce the financial burden of infertile couples undergoing IVF

The Executive Yuan, starting from **July 2021**, expanded IVF subsidies to infertile couples in general. With the first application of subsidies, infertile couples may **receive up to NT\$100,000**

The maximum subsidy **for follow-up application is NT\$60,000**

Since multiple embryo implantation is associated with multiple pregnancy and preterm delivery and low birth weight babies, the maximum number of embryos to be implanted is one if the female partner is under 36 years old and two if the female partner is over 36 years old and under 45 years old.

Additional
Resources



[Health Promotion
Administration]
IVF Subsidy Zone

____/____/____ (YYYY/MM/DD)

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Tips to new dads from an experienced dad



Before I became a father, I didn't know why my friends would talk about parenting when I met them, but after I became a father, I really felt, "Wow! I have a child now" However, the process of becoming a new parent is not easy, especially when your partner is pregnant and changes a lot, you should be more understanding of your partner's emotions and give her more support and care.

There is a lot of information on the Internet to learn and find out what you can do, such as buying nutritional supplements for pregnancy, helping the baby with bathing. At the beginning, it's always hectic and chaotic, but you'll get the hang of it after a while. I want to tell new dads that being a dad is not easy, but it's blissful, and don't forget to stay healthy and adjust your body and mind!

I'm a father of two, so first of all, I'd like to advise prospective fathers of two children to manage their relationship with their eldest child with care, and to spend some time alone with their eldest child, so that the more their eldest child enjoys their company, the more their wives can rest or take care of their newborn, and the eldest child is less likely to seek attention and cause chaos at home.

I think becoming a father is like cramming a very important task into a full schedule, and you have to readjust your work and leisure time to find a better balance in your life. It is inevitable that the stress from work and home would make you impatient. Think about the sacrifices your wife has made and the happiness you have, the feeling of blissful contentment will slowly emerge. That's what we want to share with all dads out there!



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Address: No. 36, Tacheng Street, Datong District, Taipei City, Taiwan

Website: <https://www.hpa.gov.tw/>

Tel: (02)2522-0888

Consultants (in alphabetical order by Chinese surname): Yu-Hua Shih, Chih-Wen Wu, Chia-Ling Wu, Hsin-Chieh Lu, Wan-Ping Li, Chang-Ling Du, Hsien-Mei Tang, Mei-Ling Kao,

Ying-Chuang Chen, Bo-Wei Chen, Chun-Chi Peng, Mei-Hui You, Chien-Pei Huang, Tzu-Li Huang, Tsung-Ning Huang, Hsuan-Jui Yang, De-Fu Jan, Hsi-Hua Teng, Kuo-Ming Hsiao, Pei-Hsuan Su

Editors: Chao-Chun Wu, Hsi-Lun Wei, Yi-Ching Lin, Wei-Yi Tsai, Li-Chuan Chen, Kuei-Chin Tseng, Bao-Yun Liu

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Essential Parenting Handbook for New Moms and Dads



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No. 36, Tacheng Street, Datong District, Taipei City, Taiwan (Taipei Office)
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