



U.S. Department of Health and Human Services
Administration for Children and Families
Office of Family Assistance



FATHERS
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10 Tips for Young Dads

For more tips and resources, see the NRFC Tip Sheet *Tips for Young Dads*: <https://www.fatherhood.gov/research-and-resources/tips-young-dads>

1. Don't listen to negative thoughts or words. You can do this! Many responsible young fathers are doing a wonderful job raising their kids. You can be one of them.
2. Learn about pregnancy, mothers' health care, childbirth, child development, and child care. It's never too early, or too late.
3. Just be there. That's what your child wants—to be with you. Talk or sing to your baby, look into their eyes, change their diaper, and hold them. Read a story and look at pictures together.
4. Make sure you know the name and location of your child's doctor, dentist, day care center, and any other specialist or provider. Also, make sure they know you and have your name and phone number in their records so they can contact you.
5. Go with your child's mother for "well baby" doctor appointments and check-ups.
6. Talk in kind and respectful ways with the mother of your children. Positive communication will teach your children to be kind and respectful too.
7. Take the time to complete education and training courses—they can lead to better job opportunities and higher wages.
8. Do at least one positive thing each day—for example, complete a school assignment, look for a part-time job, feed your child, take them to a doctor's appointment.
9. Connect with other young fathers. Create a group by gathering a few friends in person or creating a group that meets on Zoom or Facebook.
10. Call the National Responsible Fatherhood Clearinghouse (NRFC) National Call Center (877-4DAD-411) for information on local resources or referrals for advice on parenting and relationship issues.