





# C-section Tips for Dads



## It's okay if you feel **unsure...**

It's normal for Dads to feel a range of emotions during their bubs birth. C-sections can feel:

-  **Exciting**
-  **Fast-moving**
-  **Overwhelming**
-  **Scary**

Whether it's a planned C-section or an emergency C-section.

## This is how you can **help...**



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## During the C-section

- Stay with her and hold her hand. Be a familiar face in a busy room.
- Speak softly and calm her. She might feel scared and overwhelmed.
- Focus on your partner emotionally. Health professionals are performing the surgery.

## After the Birth

- Stay with your baby. You might go with them for health checks.
- Hold your baby for the first time.
- Support your partner in any way she needs.

**Your  
support  
matters**



Be calm and encouraging.



It's normal to feel worried.



You might be the first person to hold your baby!



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