

Debunking 6 Common Myths about Fatherhood

Myth #1: ONLY THE MOM-TO-BE SHOULD HAVE INPUT ABOUT LABOR AND DELIVERY

You have the right to voice your opinions along the way. Share with your partner what you're experiencing or what scares you. The more you do, the stronger your relationship will become.

Myth #2: MEN AREN'T IDEAL CARETAKERS FOR NEWBORNS

When your partner isn't breast-feeding, hold, rock, and engage in skin-to-skin contact with your baby whenever possible. Changing diapers, bathing, and changing clothes are just a few of the activities you can do to get involved.

Myth #3: YOU'LL NEVER HAVE SEX OR SLEEP EVER AGAIN

Sex won't happen for at least 6-8 weeks following delivery, and babies don't sleep through the night. But, when you begin to understand your baby's patterns, you'll figure out a routine that allows you to maximize your shut-eye and the time you spend with your partner.

Myth #4: ACTIVE FATHERS CAN'T SUCCEED IN THE THEIR PROFESSIONAL WORLD

Family comes first, work comes second, and with the support of a loving partner and a few good baby sitters, you can continue on your career trajectory as planned.

Myth #5: YOU'RE DESTINED TO BECOME YOUR FATHER

If you didn't like an aspect of your father's parenting, talk about it with your partner. Identify what he did that was right and what was wrong, and use that as a blueprint.

Myth #6: YOU'LL FALL IN LOVE WITH BABY AT FIRST SIGHT

Don't feel guilty if you look at your baby and aren't immediately enamored. For some fathers (and mothers), falling head over heels for your baby may take some time.