

Benefits of Paternity Leave



Paternity leave gives fathers time to care, and children a stronger start.

Fathers play an important role in a child's life, from the very start. There's lots you can do during your paternity leave to make sure your baby has the healthiest, happiest start to life.



Hold your baby close to you as often as you can. Cuddling actually helps their brain grow!



Your baby already knows you. Talk, sing, and make eye contact every day. This makes them feel safe and loved, and teaches them how to communicate.



Sharing parenting responsibilities like feeding, changing, settling and other household tasks and routines will help improve everyone's mental health, and physical recovery.



Start habits now that you continue after returning to work!

