

NEWBORN CARE

The first weeks home: a guide for new dads

BirthX Team · August 4, 2026

Diapers, night shifts, visitors, and recovery. What the first weeks with a newborn really look like, and how to carry your share.

Key takeaways

- Protect your partner's recovery by taking on meals, laundry, errands, and daily tasks.
- Learn the warning signs that can appear in the weeks and months after birth, and get help right away.
- Take night shifts: diaper changes, burping, settling, and handoffs so your partner can sleep.
- Hold your baby skin-to-skin and learn their cues.
- Manage visitors: set limits and ask guests to help.
- Watch for postpartum depression in your partner and in yourself, and talk to a provider if moods don't lift.

Read the full article

<https://birthx.org/blog/first-weeks-home-for-new-dads/>