

## a. Fathers

### MODULE 8

New fathers often feel neglected. During the pregnancy, everyone asked about the mother. Now everyone is interested in the baby. Where does the father fit in?

The new fathers are also tired; you have new responsibilities and worries. You are expected to do things you don't remember your own father doing like changing diapers, doing laundry, and getting up at night. In addition, you are still supposed to go to work and earn a living.

You are not alone. Most new fathers go through a time of confusion and adjustment. It is not easy, but it is normal. The following advice could help.

