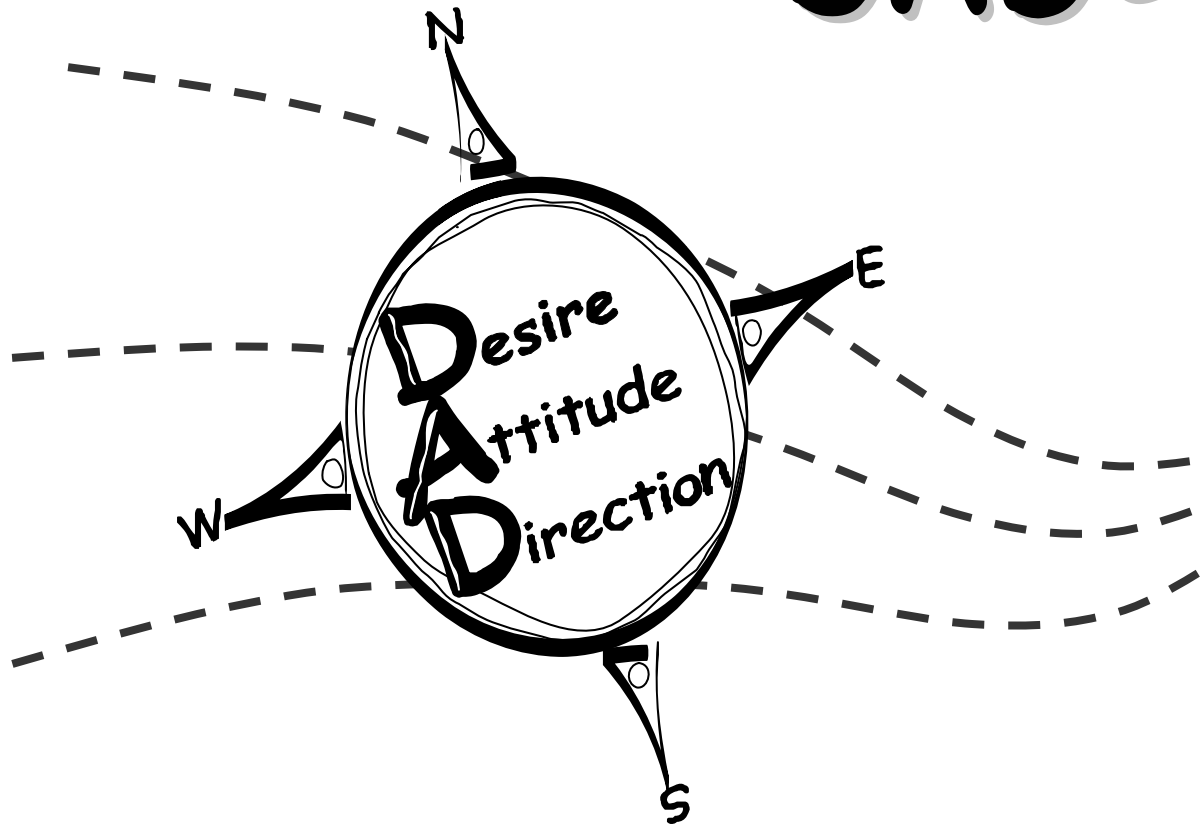


MAPS for DADS



Doin' the Dad Thing!

- Birth to 36 Months -

A Developmental Guide for First-Time Dads

Doin' the Dad Thing!

- Birth to 36 Months -

Guide Checklist

Date

- _____ **Doin' the Dad Thing!**
- _____ Let's Get Started!
- _____ How Did This Happen, Anyway?
- _____ How Do You Feel About Being a Dad?
- _____ Why Dads are Important
- _____ Differences Between Moms and Dads
- _____ Dads Make a Difference
- _____ Just the Facts, Jack
- _____ Dad Fears—and There Are Plenty

Premature Birth

- _____ Your Baby Was Premature!
- _____ Premies Are Different
- _____ It's a Whole New World for Your Premie
- _____ Your Premie is Special
- _____ Your Premie Really Needs You Right Now
- _____ How to Tell if Your Premie is Stressed
- _____ What You Can Do at Home to Help Your Premie

Date

- _____ **Newborn - The First Three Months**
- _____ Bonding with Your Baby
- _____ Give the Most Important Gift
- _____ Teaching Your Baby by Using His Senses
- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ What Color is Your Baby's Brain?
- _____ Your Baby's Favorite Toy
- _____ Learning the Language
- _____ Baby Meets World
- _____ Diapering
- _____ Save Big Bucks!
- _____ Sleeping-Dressing-Grooming
- _____ Feeding
- _____ Crying
- _____ Never Shake a Baby
- _____ Keeping Your Baby Safe
- _____ Car Seat Safety
- _____ Keeping Your Baby Healthy
- _____ All About Cribs
- _____ Make Your House a Smoke-Free Zone
- _____ Supporting Your Baby's Mom

Guide Checklist (cont'd)

- _____ Mommy Blues
- _____ Parenting Together
- _____ What if You Don't Live with Your Baby's Mom?
- _____ Make Dadhood Legal
- _____ Living Like a Dad
- _____ Thinking Like a Dad
- _____ Work/School/Job Training
- _____ What About Sex?
- _____ What's the Plan, Man?
- _____ Working With Family and Other Strange People
- _____ "House O' Sound"
- _____ "Shake, Rattle, and Roll"
- _____ "Baby Body Painting"
- _____ "Hangin' Around"

4th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ "Baby Rap"
- _____ "Houston, We Have a Baby"

5th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ A Whole Night's Sleep
- _____ The Same Old Routine
- _____ "Magic Carpet Ride"
- _____ "Baby Shower"

6th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ "Let's Go Fishing"
- _____ "Iceberg"

7th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ TV or Not TV
- _____ Learning the Language
- _____ Baby Meets World
- _____ Baby-Proofing
- _____ "Dad's Diner"
- _____ "One Special Book"

8th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ "Tunnel of Mystery"
- _____ "Can You Hear Me Now?"

9th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ "The Amazing Dad Face"

Guide Checklist (cont'd)

10th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ What Scares Your Baby?
- _____ "The High Five Family"
- _____ "Skyscraper"

11th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ Handling the "NO-NOs"
- _____ "Where Did it Go?"

12th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ The First Birthday Bash!
- _____ "Talk Like the Animals"

13th thru 15th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ Kickin' the Bottle
- _____ "Follow the Leader"

- _____ "Spot the Butterfly"
- _____ "The Magic Shirt"
- _____ "The Old Ball Game"

16th thru 18th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ I Love My Blanket
- _____ Homemade Bubble Stuff
- _____ "Catch the Bubble"
- _____ "Talking Socks"
- _____ "Let's Go Camping"

19th thru 21st Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ Wanna Make Some Dough?
- _____ "Playdough Party"
- _____ "Let's Go Hunting"
- _____ "Stop the Music"
- _____ "Name That Cereal"

22nd thru 24th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ Tantrums

Guide Checklist (cont'd)

- _____ Tackling the Toilet
- _____ "Two of a Kind"
- _____ "Talk Like the Animals"
- _____ "Shootin' Buckets"

25th thru 27th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ I Speak Your Language
- _____ Baby Meets World
- _____ Digging Up Your Roots
- _____ Living Through the "Terrible Twos"
- _____ "Super Heroes"
- _____ "We Go Together"
- _____ "Famous Artists"

28th thru 30th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ Hitting-Kicking-Biting
- _____ "Name That Face"
- _____ "Tickle Monster"
- _____ "Spiffy in a Jiffy"

31st thru 33rd Month

- _____ Helping That Body Grow
- _____ Your Car: A No-kid Zone
- _____ Helping That Brain Grow
- _____ Learning the Language

- _____ Baby Meets World
- _____ "Food Painting"
- _____ "The Dad Mirror"
- _____ "Day at the Beach"

34th thru 36th Month

- _____ Helping That Body Grow
- _____ Helping That Brain Grow
- _____ Learning the Language
- _____ Baby Meets World
- _____ Imaginary Friends
- _____ "Treasure Hunt"
- _____ "What's Going On?"
- _____ "Tub O' Fun"

Supplemental Topics

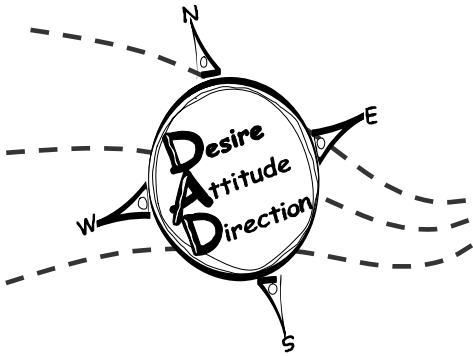
- _____ Baby Meets Brother (or Sister)
- _____ Poison: Keep Away!
- _____ Keep Your Kid on the Move
- _____ Fight That Fat!
- _____ Kids Need Discipline
- _____ Keep Your Voice Down!
- _____ Time-out!
- _____ Why Spanking Doesn't Work
- _____ Hitting and Biting
- _____ If You Have a Shy Child
- _____ From Kicked Back to Settled Down
- _____ Help on the Web

Doin' the Dad Thing!



Birth to 36 Months

LET'S GET STARTED!



There are not many guys in the world who can actually say they were ready to be a father—or even knew how to be one—before it happened.

That means there are literally millions of men who become fathers every day who have no idea what to do once they bring the new baby home.

This guide has taken what new dads have figured out—and wished they had known in the beginning—about this mysterious business called "having a baby." By sharing some of these lessons, together we can take some of the mystery out of the process.

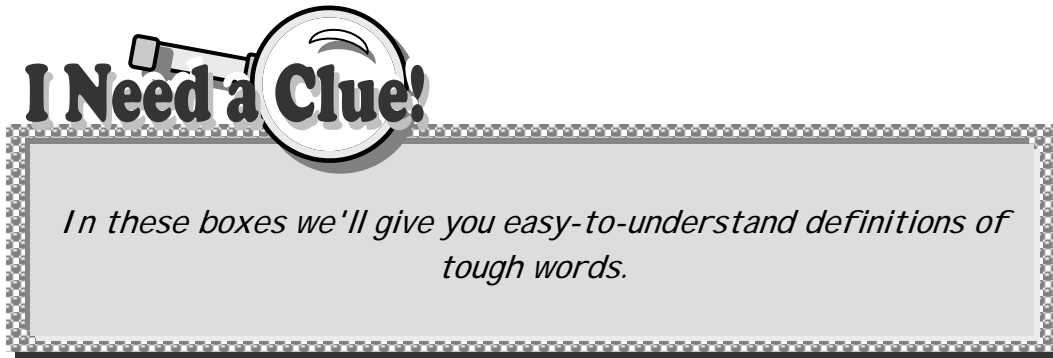
Don't worry if you feel clueless right now. You'll catch on. And to help you along, we'll be offering lots of useful thoughts and ideas.

You'll find handy "**DAD TIPS**" that give helpful hints about being a Dad. They look like this:



This is where you'll find ways to make DAD-ing easier.

Every now and then we're going to run into a technical word that's way too big for its britches. No problem. Just look for "I NEED A CLUE":



That's about it, so get ready to learn a few things, make a few mistakes...

...AND BECOME ONE TERRIFIC DAD!

DAD FEARS—AND THERE ARE PLENTY!

"What do I need to know about this baby business?"

After years and years of detailed studies, researchers have finally come up with an answer to this question.

EVERYTHING YOU CAN!!

You're in luck! You are not the only one to ever have kids. Lots of guys just like you have done it and lived to tell about it. Talk to other people who have gone through it, especially dads. Ask lots of them. You'll get more than a few takes on the whole "Dad-thing."



"What am I going to do? Should I drop out of school? Should I get a full time job? Where will we live?"

You probably have a lot more questions than that, right?

When you stop and think about it, it's easy to start to worry about whether you can take care of a new baby and give her the things she needs.

That's great! It shows that you want to be a good dad.

When they first find out their partner is pregnant, new dads can feel a lot of different things: happy, scared, loving, and worried about the future.

Here is a short list of what some first-time dads worried about:

- * Not being able to pay for all the things the baby needs;
- * Not being able to do whatever it is a father does;
- * Not being able (or willing) to love the baby enough;
- * Making the same mistakes you think your father made;
- * Not being in control of your life;
- * Not being able to live up to what you think a father is;
- * Not being able to handle basic stuff like feeding, clothing, crying, and taking care of her when she's sick;
- * That your partner will think you don't love her or the baby if you tell her what you're afraid of;
- * That things will never be the same with your partner again.



Whew! How's that for a few worries? And that's only the tip of the iceberg.

What are some things about being a dad that worry you?

List them here:



What can you do about some of these worries?

How can you get started?



GIVE THE MOST IMPORTANT GIFT

What do you think the most important gift you could give your baby might be?

- ⇒ Is it money for nice clothes and toys?
- ⇒ Is it nice, clean diapers to replace the poopy ones?
- ⇒ Is it being quiet when he sleeps?

NOPE!

Sorry. That wasn't fair. There are lots of answers, but they all add up to one thing:



The most important gift you can give your baby is to teach him how to trust—to know that you are there with him when he needs you and that he can **DEPEND ON YOU**.

"Why is trust so important?"

Because babies that **DON'T** learn to trust will grow up

- ⇒ *Not* feeling safe,
- ⇒ *Not* feeling good or confident about themselves,
- ⇒ *Not* believing that others (like you) love them,
- ⇒ *Not* knowing how to care about others (like you),
- ⇒ *Not* trusting other people,
- ⇒ *Not* thinking they are important,
- ⇒ *Not* respecting others.

"All of that?"

Yes, all of that and more! How you respond to your baby and care for him can affect

- ⇒ How his brain grows,
- ⇒ How he feels about himself and the world around him,

- ⇒ How he feels about you and others for his whole life,
- ⇒ His ability to trust.

"How can I teach my baby to trust?"

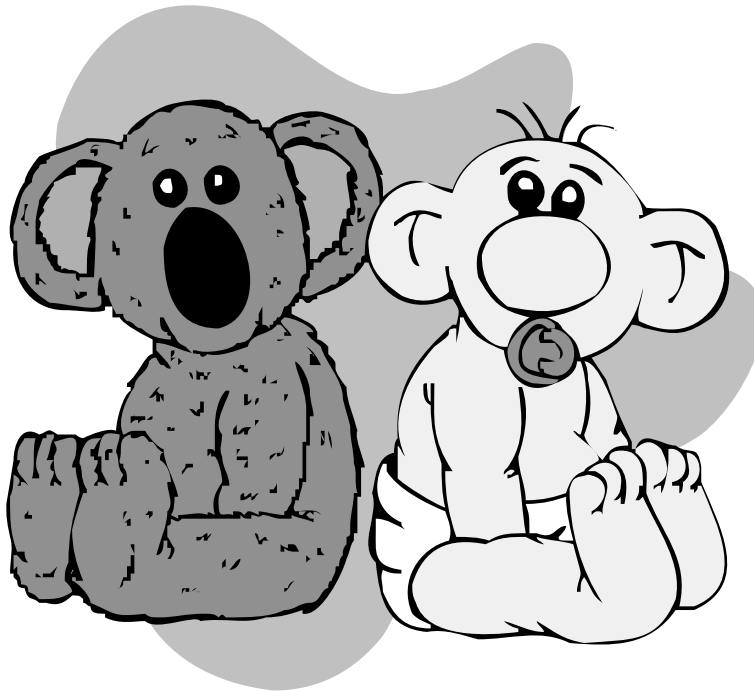
Your baby needs to know that you will be there to

- ▣ Comfort him when he cries,
- ▣ Feed him when he's hungry,
- ▣ Play with him when he's bored,
- ▣ Change his diaper when it's wet—or even poopy/yucky,
- ▣ Hold him when he's lonely.



Trying to figure out what your baby needs and being there to help lets your baby know he can **DEPEND ON YOU** and **TRUST YOU**. He needs these things to grow up healthy, happy, and smart.

9th Month



There's nothing like family.



We talked before about playing Peek-a-boo. It's a game kids love and want to play again and again, so keep doing it.

Try some different ways of playing the game. Duck behind some furniture and then pop up. Hop in front of him when he's in his high chair. Always make it new and surprising and fun!

He's learning that people and things don't vanish forever when they're out of his sight. Knowing that makes him feel safe and happy.



LEARNING THE LANGUAGE

He's growing...NOISIER!

The way your baby is growing the most right now is with sounds. He practices making more and more sounds so he can use them to tell you what he wants—and doesn't want.

Your baby is working on sounding like you and your partner. He doesn't have the words yet. What he's working on is the way you sound around him and how it's different from the way you sound around other people.

The important thing is, your baby is finally saying words that mean something to him—something that other people actually understand. It's a big thing for him!

If your kid shakes his head and says the word, "No" a lot, guess where he heard it.

Yep, from Mom and Dad.

Are you saying it too much? Can you think of ways to ask him to do what you want without saying, "No?"



16th thru 18th Month

Red alert! Toddler on the move.



HELPING THAT BODY GROW

Your baby is very busy lately. She probably runs from room to room a lot.

She gets a kick out of pushing and pulling things.

Going down stairs used to be scary, but she has figured out how to do it—by crawling backwards!

She is getting so good on her feet that sometimes she dances.

"What can I do to help make my kid strong and healthy?"

Give your baby something big like a laundry basket or a box to push, pull and play with.

Play catch with her.

Put on some of your favorite music and dance with her.



28th thru 30th Month



I ride bulls.
I rustle cattle.
I rob banks.
But don't never ask me
to BABYSIT agin!



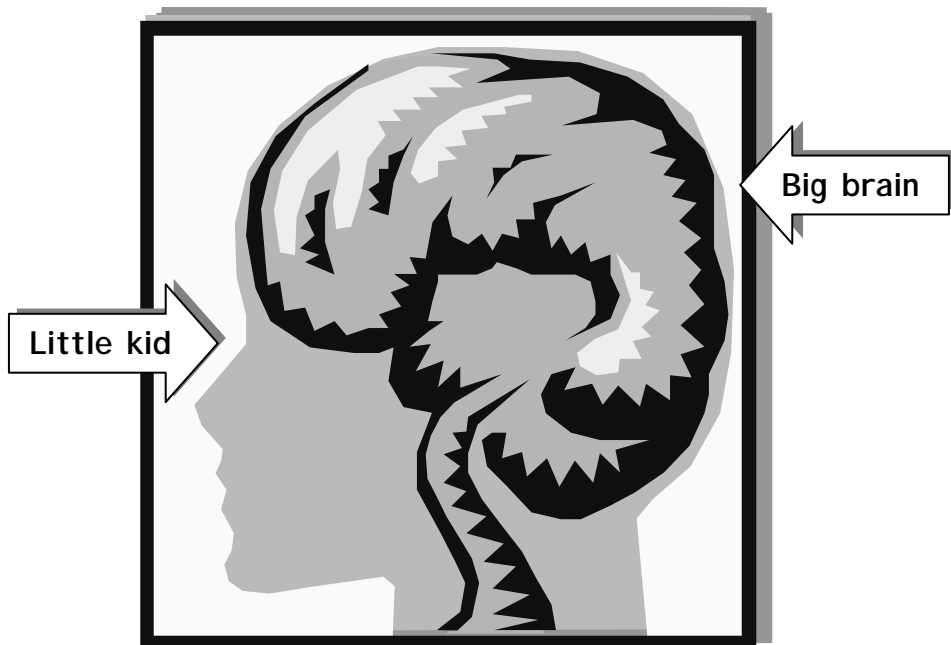
HELPING THAT BRAIN GROW

She's got her eye on you!

Your daughter watches everything you do. She can imitate the way you talk and act when you're not there. This is the start of playing pretend.

Your youngster will tell you about things she sees on TV or in books—and she can do it in amazing detail!

Although your kid still doesn't know what tomorrow or yesterday really mean, she's getting a good idea of what *"in a minute"* and *"pretty soon"* mean.



"Are there ways I can help make my kid smarter?"

Play make-believe with your daughter. This helps her practice how she will deal with people she meets. It also lets you teach her how to deal with the world.

Imagine your little girl works at a grocery store. Use food cans, bags, or boxes to make it seem more real. Give her a crayon and paper so she can "check out" your groceries.

Or send your daughter to pick out the groceries. Ask her to bring one thing at a time so she doesn't get confused.



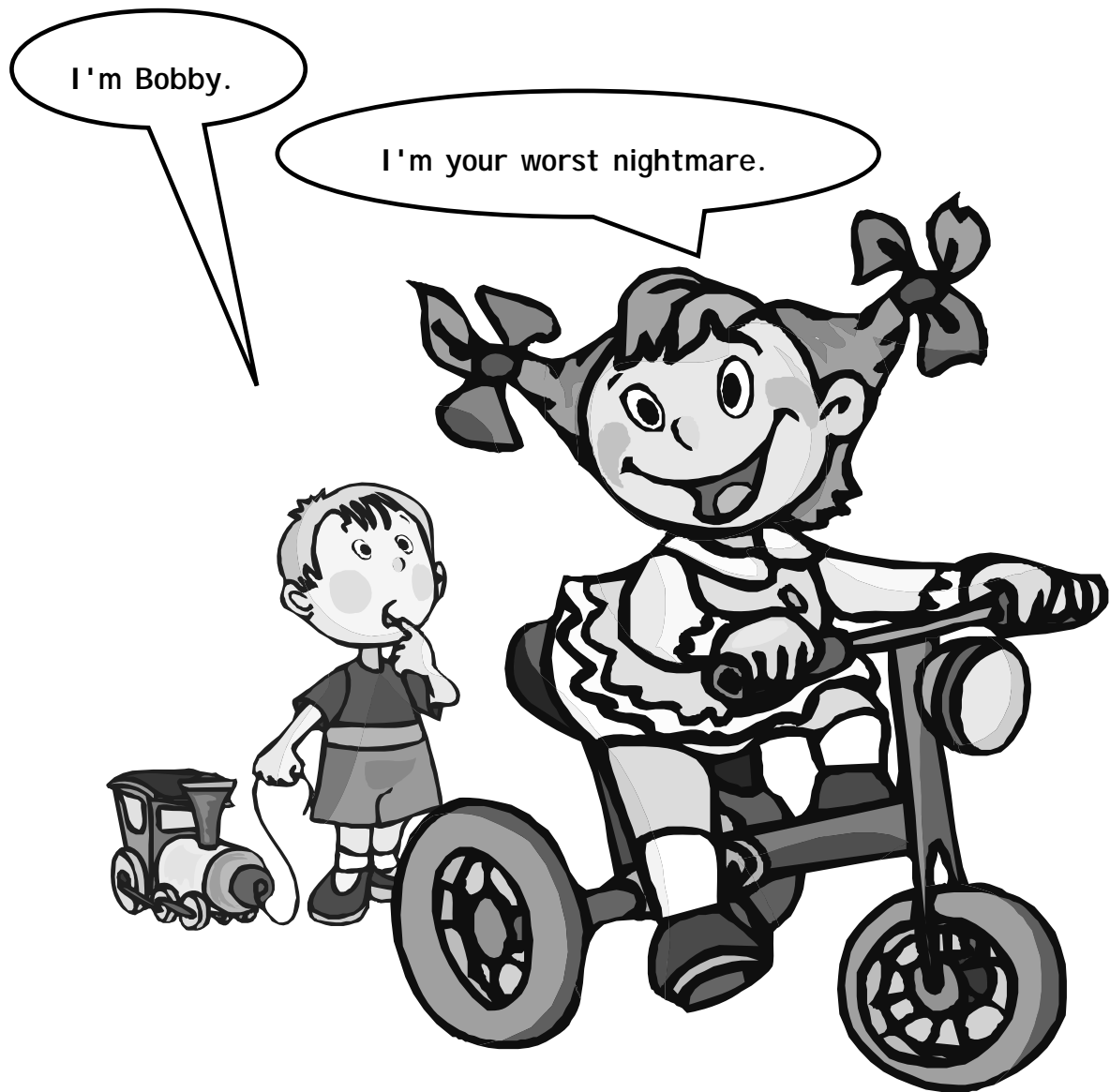
Get two phones (real ones or toys) and let her make an imaginary call to a friend. Or she could pretend to be you and call the doctor or her boss. Have her buy flowers for Mom.

If your kid doesn't want to make a call, you call her and ask her things like, "*Where is Grandma?*" or "*Are you having fun?*" to get her to feel better about talking.



Use lots of words when you play these games. The more different words she hears, the smarter she gets.

34th thru 36th Month





"WHAT'S GOING ON?"

STUFF YOU'LL NEED:

- ⇒ You
- ⇒ Your toddler
- ⇒ Pictures of people and animals doing things that are troublesome

What does this do?

- Getting your kid to talk about what she sees helps her learn the language better.
- It also helps her put her thoughts into words.

HOW TO DO THIS:

1. Cut out pictures of people or animals that are having problems doing things (carrying heavy things, dog chasing someone).
2. Sit down with your daughter, show her the pictures one by one and ask, "What's going on?" Make it look like you really don't know and need her to help you.
3. If she has a hard time, give her some hints. When she gets it, go on to the next picture.
4. Also ask her, "What would you do?"

! DAD TIP:

Remember, the idea is to have fun. Don't show her pictures of problems that are bad enough to scare her.



"TUB O' FUN"

What does this do?

- This game gets your kid to use her imagination while she's figuring out what water is all about.
- She also gets clean when she's not thinking about it. Pretty sneaky.

STUFF YOU'LL NEED:

- ⇒ You
- ⇒ Your toddler
- ⇒ A bathtub full of water
- ⇒ Kitchen utensils, like pitchers, funnels, plastic cups, spoons, and straws



HOW TO DO THIS:

1. At bath time, put a bunch of kitchen utensils in the water with your daughter. Pick ones that you can pour water from, blow bubbles with, etc. **NOTHING MADE OF GLASS!**
2. Let your kid play with the stuff for a while just to warm up.
3. Show her how the utensils can do things with water. Play with them together. Bake a "water cake."



NEVER LEAVE YOUR KID IN THE TUB BY HERSELF!

It's just plain dangerous.

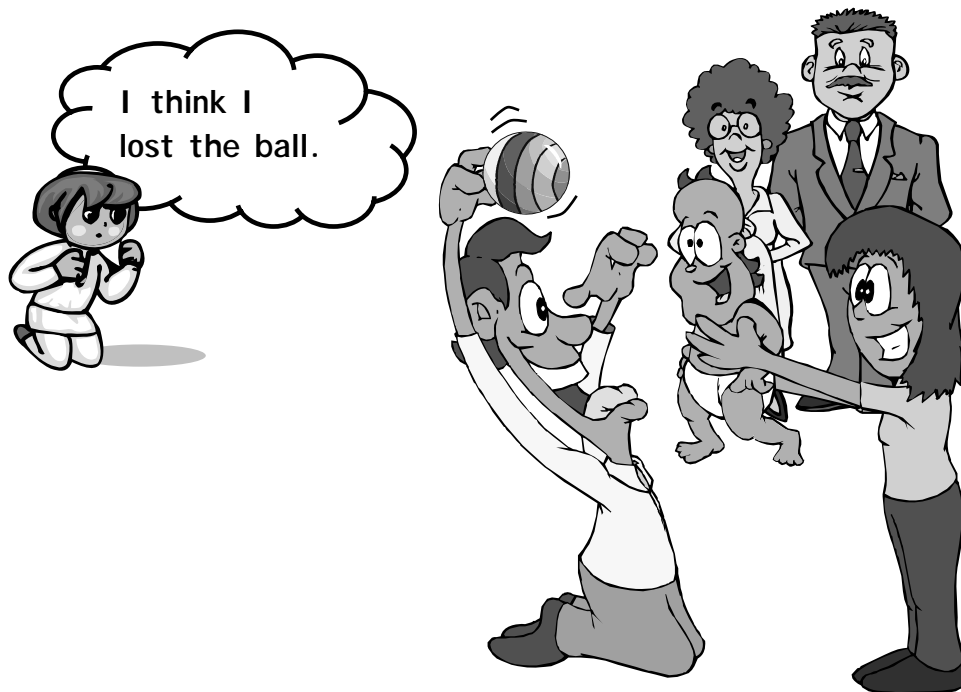
BABY MEETS BROTHER (OR SISTER)

So there's another baby in the house. Big change for everybody!

Suddenly your son looks really big and grown up next to that newborn.

BUT HE'S NOT!

Remember, your first kid is still a kid. The idea of someone new getting between him and you can make him jealous or mad—or even scare him!



The way he figures it, if being a baby gets all the love and attention, then HE'LL BE A BABY, TOO!

Watch for things like these:

- * All off a sudden he's not doing so well with toilet training;
- * He might start crawling again instead of walking;
- * He might want to go back to using a baby bottle.

"What can I do to help my kid feel better about the new baby?"

Now that you know he feels this way, you're already ahead of the game!

Here are some other things that can help:

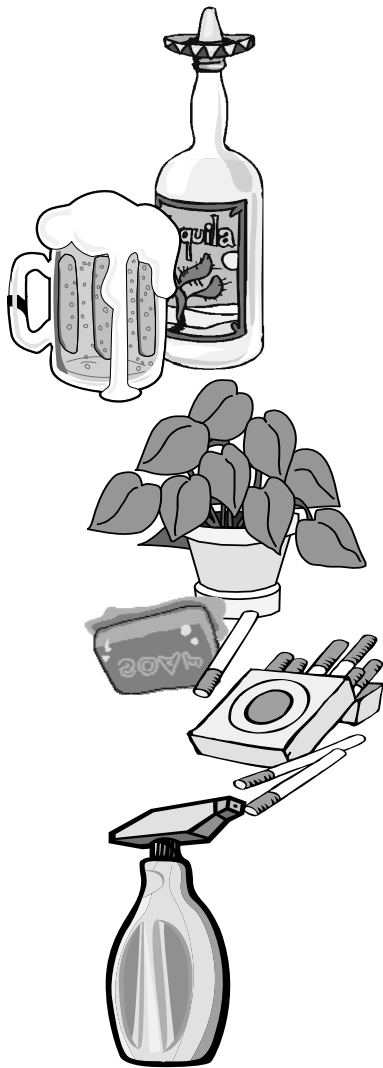
- * Pretend you don't notice him acting more baby-like. Just give him time, and pretty soon he'll be a big boy again;
- * Having bad feelings can scare your kid. Talk to him about the way he feels. That lets him know you understand. Use words like *"happy"*, *"sad"*, *"angry"* that help him give names to the feelings;

POISON: KEEP AWAY!

You've got this problem covered, right? Your kid is safe because you don't have any poison in the house.

That's what a lot of people think. But poison doesn't always look like poison.

Poison can also look like these things:



- ▣ Shampoo,
- ▣ Deodorant,
- ▣ Soap,
- ▣ Household cleaners,
- ▣ Makeup,
- ▣ Shaving cream,
- ▣ Houseplants,
- ▣ Tobacco,
- ▣ Alcohol,
- ▣ Medicine,
- ▣ Vitamins.

