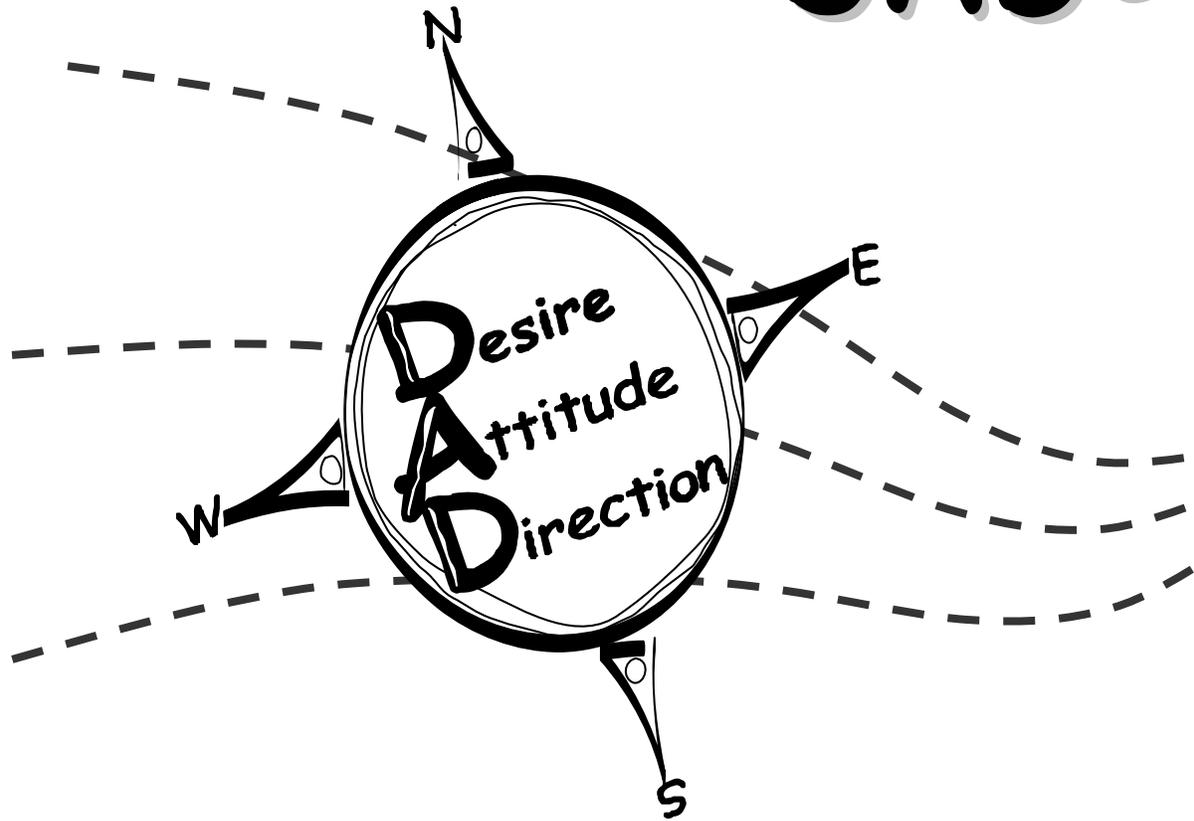


# MAPS for DADS



**Welcome to DADHOOD!**

**- Prenatal -**

A Developmental Guide for First-Time Dads

# Welcome to DADHOOD!

## - Prenatal -

### Guide Checklist

*Date*

\_\_\_\_\_ **Welcome to DADHOOD!**  
\_\_\_\_\_ Let's get started!

#### **Prenatal**

\_\_\_\_\_ How Do You Feel About Being a Dad?  
\_\_\_\_\_ How Did This Happen Anyway?  
\_\_\_\_\_ What to Expect When You're Expecting  
\_\_\_\_\_ The First Trimester  
\_\_\_\_\_ The Second Trimester  
\_\_\_\_\_ The Third Trimester  
\_\_\_\_\_ Dad Fears...and There are Plenty!  
\_\_\_\_\_ Dads Make a Difference  
\_\_\_\_\_ Just the Facts, Jack  
\_\_\_\_\_ From Kicked Back to Settled Down  
\_\_\_\_\_ Get Involved and Stay Involved  
\_\_\_\_\_ Prenatal Visits  
\_\_\_\_\_ Making a Healthy Baby-Dad's Part  
\_\_\_\_\_ Show Me the Money!  
\_\_\_\_\_ Stuff You Can Do to Get Ready

*Date*

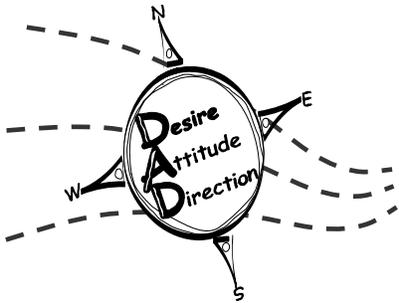
\_\_\_\_\_ What's Up with Mom?  
\_\_\_\_\_ How You Can Help Mom  
\_\_\_\_\_ Chef Dad  
\_\_\_\_\_ What About Sex?  
\_\_\_\_\_ What to Expect When the Baby Comes  
\_\_\_\_\_ Bonding  
\_\_\_\_\_ Sleeping-Dressing-Grooming  
\_\_\_\_\_ Feeding  
\_\_\_\_\_ Crying  
\_\_\_\_\_ Never Shake a Baby  
\_\_\_\_\_ Newborn Safety  
\_\_\_\_\_ All About Cribs  
\_\_\_\_\_ Make Your House a Smoke-free Zone  
\_\_\_\_\_ Supporting Your Baby's Mom  
\_\_\_\_\_ Mommy Blues  
\_\_\_\_\_ Sex After the Baby Comes  
\_\_\_\_\_ Parenting Together  
\_\_\_\_\_ What if You Don't Live With Your Partner?  
\_\_\_\_\_ Make Dadhood Legal  
\_\_\_\_\_ Living Like a Dad  
\_\_\_\_\_ Work/School/Job Training  
\_\_\_\_\_ "Hangin' Around"

**Welcome to...**



**Dadhood!**

# 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 first-time dads have figured out--and wished they had know 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.

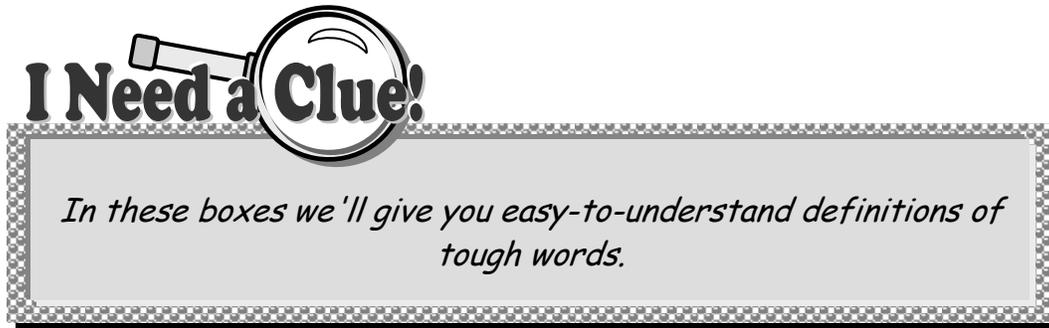
You'll find handy "**DAD TIPS**" that give helpful hints about being a Dad. They look like this:



## **DAD TIP:**

*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!**

# Prenatal...BABY UNDER CONSTRUCTION

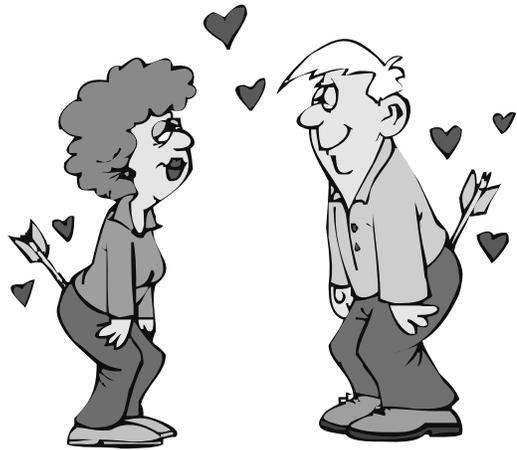


# HOW DID THIS HAPPEN ANYWAY?

Well, it was pretty easy. Remember that night. . .

The little sperm (that would be yours) swam up and got together with the little egg (that would be hers).

That super sperm guy had half of the directions on how to make your baby. Not just any baby, but YOUR specially ordered baby! The other half of the directions were in Mom's egg. So you see, it's a real team sport!



When the two sets of directions got together the miracle of a new life started to happen...a new life that you and your partner made together!

# THE SECOND TRIMESTER

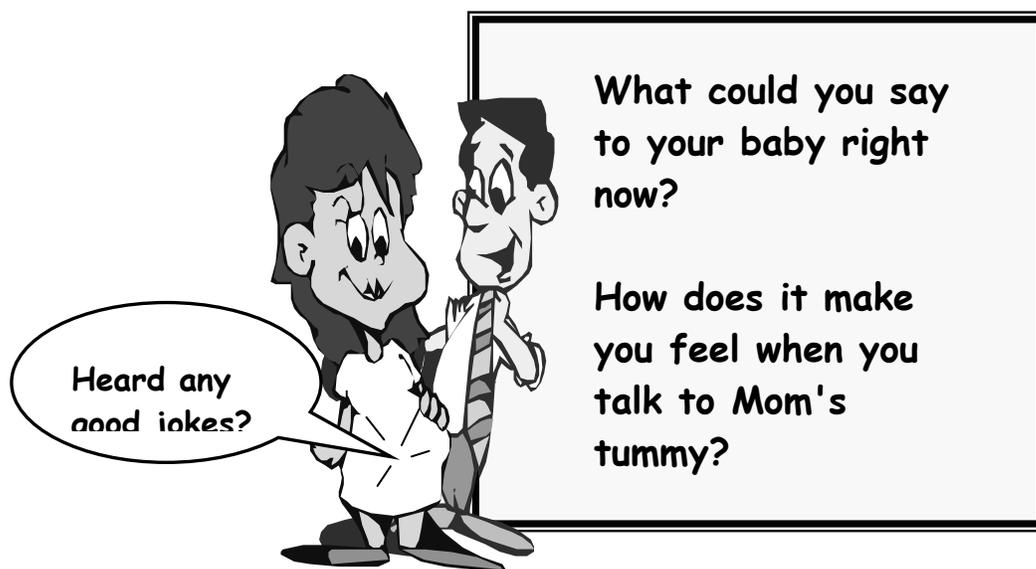
**(Weeks 14-27)**

When this stage starts, your baby is probably about nine inches long and will grow quickly. His heartbeats are twice as fast as yours.

In a little while he will start punching and kicking. Put your hand on Mom's tummy. You can feel it!

Soon he'll be able to hear sounds coming from outside, so start watching your language! Your baby can also learn and remember.

Start having long talks with him. Do it a lot. The more you talk to him now, the more he will know your voice when he is born and be able to connect your face and voice.



At 24 weeks your baby is about 14 inches long and weighs about two pounds. He's reached the "keeper" size!

He will have teeth, fingernails, and hair. His brain is growing very quickly now. He can look around, hear you talk, and even cry. He can feel it when Mom or Dad is stressed.

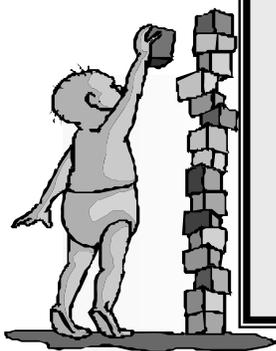
# JUST THE FACTS, JACK

When dads spend time with their kids from the very beginning and work to keep close feelings between them, good things happen to the kids. Things like this:



- \* They are more likely to be active, healthy, and strong babies, toddlers, preschoolers and school-aged children;
- \* Most of them do better than normal on developmental tests;
- \* They do better figuring out boy/girl roles;
- \* They are much less likely to be violent, anti-social, dangerous, and even criminal;
- \* Girls do better in math;
- \* Both boys and girls are better at being independent, having self-control, and being leaders. They are more successful in life;
- \* Teens wait longer before they start having sex;
- \* Children are more likely to go to school and stay in school. They are also less likely to repeat a grade;

- \* Girls have healthier relationships later in their lives, especially with males. Remember, dad is the first male they get to know;
- \* Boys who grow up without a father around are 300% more likely to be put in a state juvenile institution.



**Think about your father.  
What kind of difference did  
he make in your life?**

**What are some things your  
father did that you want to  
do for your child?**

**Are there things he did that you  
don't want to do?**



# **MAKING A HEALTHY BABY— DAD'S PART**

## ***"How can I help to make sure my baby is healthy?"***

Whether you live with your partner or not, be there for her and help as much as you can. You could take a childbirth class together to show her you care about her.

Do your best to make sure she eats healthy foods, takes walks, and doesn't get stressed-out.

Spend as much time with your kid (yep, inside Mom) as you can. Believe it or not, just being there and showing your love for the baby will help him be healthy.



## **DO NOT SMOKE, DRINK, OR USE DRUGS.**

Everybody knows these things are dangerous to the baby if Mom uses them. Well, they can be just as dangerous if **YOU** use them.

# WHAT'S UP WITH MOM?

Here is a list of things that your partner might go through during the next nine months:

## PHYSICALLY

### First Few Months

- Morning sickness
- Heartburn
- Headaches
- Tiredness
- Tender breasts

### Later

- Moody at times
- Craves weird foods
- Begins to feel baby moving
- Has that "pregnant glow"

### Last Few Months

- More cramping
- Sleepy more often
- Hard to get comfortable
- Has a new way to walk

## EMOTIONALLY

### First Few Months

- Happy that she's pregnant
- Fears you won't find her attractive
- Worries about what will happen when baby comes
- Worries about miscarriage

### Later

- Depends on you more and more
- Starts to be more forgetful
- Starts bonding with baby
- Sensitive about her changing figure
- Sonogram and baby movements make her less worried about miscarriage

### Last Few Months

- Worried about the labor and delivery
- Worried you won't love her after baby comes
- Sometimes short tempered



# HOW YOU CAN HELP MOM

## DO NICE THINGS FOR HER

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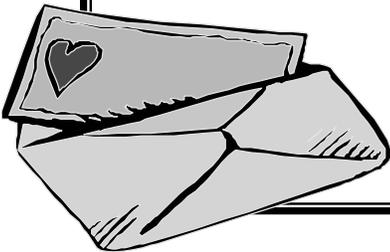
Give back rubs and foot massages

Take her to the movies or dinner

Give her lots of hugs. Studies show that the more you hug your partner the more she'll hug the baby

Do some housework

Send her a love letter



## STOCK UP ON HEALTHY FOOD

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Unsweetened cereals

Tomato and/or vegetable juice

Skim milk

Bottled water

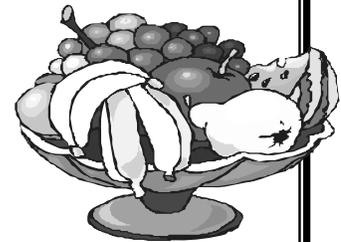
Fresh eggs

Natural peanut butter

Fresh fruit and vegetables, including carrots, celery, cucumbers, and tomatoes

Crackers

Frozen berries and grapes

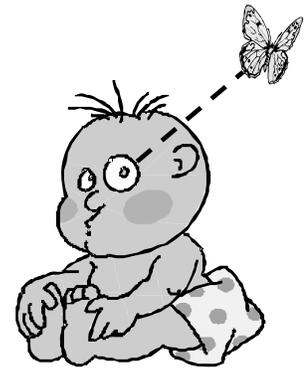


# WHAT TO EXPECT WHEN THE BABY COMES

## Newborn Babies Can...SEE!

Many people still think that when babies are first born they can't see. Not true!

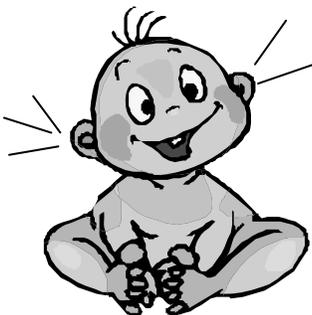
They can see things that are 8-10 inches from their eyes (about the distance to Mom or Dad's face when they are holding them). When they're three months old they'll be able to see really well.



Babies are curious. They like to look at things that are close...especially things that move. What's their favorite thing to look at? YOU!

Be careful! Bright lights can bother a baby's eyes. Newborns won't be ready to be on stage for a while.

## Newborn Babies Can...HEAR!



A newborn has very good hearing. As soon as they're born they can turn toward a sound to see where it comes from.

They will react to loud or sudden noises and

even cry to let you know they are scared.

Newborns can start to tell your voice apart from other people's if you talk to them a lot. The more babies hear your voice, the more they learn about you...and about how to talk.

Babies like smooth, soft sounds. When your baby is born keep him away from hard rock and rap music!

## **Newborn Babies Can...FEEL!**

Babies love to be held close enough to feel your warmth and heartbeat. Do it a lot starting as soon as she's born, but always hold onto the baby's head when you hold her.

**HOLDING YOUR BABY WON'T SPOIL HER.**

## **Newborn Babies Can...DO THINGS!**

Newborns will grab anything you put in their hands. They don't even think about it. That's changing. By the time she's three months old your baby will be learning how to take hold of things on purpose. She'll even hang onto them for a while.

She won't be able to hold her head up yet, but she'll sure be trying!

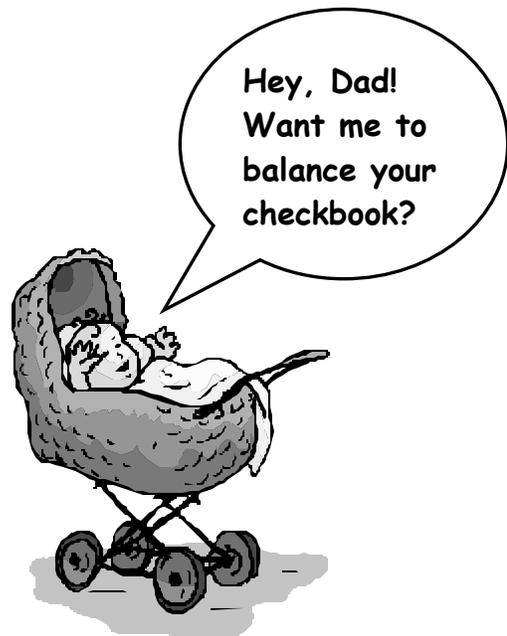
# Newborn Babies can...**THINK!**

Okay, they don't think in words, but those little brains will soak up the world around them like a sponge! And they'll start to make sense out of it really fast.

It should take your baby two or three months to figure out that those fingers she's been sucking on **ARE PART OF HER!** She'll get a major kick out of this and spend ten or fifteen minutes just staring at her fingers while she wiggles them.

Your baby won't take long before she starts to connect things together. She might figure out that Mom means food, especially if she breast-feeds. You might make her think of fun. It's no wonder she'll react to you and Mom in different ways.

At this early stage your baby will be figuring out what different things look like. She will really like round things better than things with straight lines and black-and-white things better than colored things.



The most important gift you can give your baby is to teach him how to trust...to know that you will be there with him when he needs you...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 act with 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?"***

He will learn to trust when he knows 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.

A lot of guys never take care of babies until they become dads. Many men don't like to do things they don't know much about because they don't want to look stupid.

Learning how to take care of a baby before it's born will help you feel more comfortable in your new job as Dad.

# FEEDING

## ***"Is breast-feeding better than bottle feeding?"***

That's between you and Mom, but think about these things:

- \* It's easier for both of you. No bottles and bags to carry around. No bottle washing. No late-night trips to the store for formula;
- \* It doesn't cost anything. Formula, bottles, nipples, and bags add up fast!
- \* Mom gets her figure back quicker! Her body "tightens up" faster. Her breasts get larger;

### **DAD TIP:**

*Being nice to Mom makes breast-feeding work better.*

*What? How does that work?*

*That's right. If Mom gets nervous or worried from things like arguments her body can hold back the milk. If she's calm and relaxed things work smoothly.*

- \* Breast-fed babies don't cry as much;
- \* Breast-fed babies don't get sick as often;

- \* Breast-fed babies are easier to calm down at night and go back to sleep easier;
- \* Breast-fed babies usually grow up healthier than other babies;
- \* Breast-fed babies have sweeter smelling doo-doo.

## ***"I'm the guy. What does breast-feeding have to do with me?"***

Good question. Breast-feeding is pretty much Mom's business, right? Not exactly.

Breast-feeding can be a tough, tiring time for Mom. She will have to spend most of her time feeding and taking care of the baby. This is where Dad comes in.

Give her a break!

- ⇒ Do some house cleaning.
- ⇒ Do the laundry.
- ⇒ Make some meals.
- ⇒ Bring the baby to Mom for feeding.
- ⇒ Burp her.



# MOMMY BLUES

Many moms, after having their babies, can feel depressed for a while. They may cry easily; they may not eat or sleep; they may get angry or worry over what seems like minor stuff.

Many doctors feel that these changes in your partner are caused by hormones that are out of whack.

## I Need a Clue!

### *Hormones?*

*They are chemicals made by our bodies that can affect lots of stuff about us: How we look, how we act, how we grow...and how we feel.*



I told you...

Basically your partner's hormones have been playing a tennis match for the last couple of months while she was pregnant. It will take a while for them to get back to normal.

The main thing to remember is **be patient!** In most cases these feelings only last a few weeks. About all you can do is support your partner. Encourage her to get out of the house for a while and see that she's eating a healthy diet.

I'M FINE!



# SEX AFTER THE BABY COMES

***"Once the baby is born at least our sex life can get back to normal, right? "***

Who-a-a-a there, stud. There are a couple of things that you need to know before you can hop back in the saddle.

**FIRST** - Her doctor will tell you when it's safe to have sex again.

**SECOND** - Mothers who have C-Sections or an episiotomy will be sore and healing for some time after the baby's birth. Sex for her really may be painful for a while. Ask her or the doctor if you don't know if she has had either a C-Section or an episiotomy.

## I Need a Clue!

*Okay, that's one I can't even pronounce.*

*You say it like this: ep-EEZ\_ee-OTT\_um-ee. It's a small cut the doctor makes in Mom's private parts to make delivery easier.*

**THIRD** - You both may be worried that the first time after the baby is born will hurt...and you could be right! Go slowly, don't push, and let her take the lead.

Many women don't feel pretty for a while after they give birth. Let her know (without putting pressure on her) that she is still pretty.



**DAD TIP:**

*Lots of women who breast-feed want to start having sex sooner than those who don't.*

*And you thought breast-feeding was just for the baby!*

Getting back into having sex after having a baby can be tough. Both of you are tired from working all day and taking care of the baby.

Start slowly, doing small things like cuddling while watching TV, stroking her hair, holding hands (just don't pressure her). These kinds of things will go a long way toward getting your sex life back on track.

Be patient. Stay strong. Be supportive. Love your new baby.



**DAD TIP:**

*...and, in case you forgot...  
Don't fool around with other women!*

# MAKE DADHOOD LEGAL

Guess what?

If you're not married when the baby is born...you're not the legal father. You don't have any rights when it comes to your kid!

***"You've got to be kidding!"***

Afraid not. The law sees fathers in a different way than mothers. The legal system does this because it is looking out for what's best for the children...and for your kid.

That means you have to...

## ESTABLISH PATERNITY



*Hey, we're not all lawyers.  
What does "Establish Paternity" mean?*

*Simple. It means, "Doing the right thing". You can be the biological father (the guy who got Mom pregnant), but that doesn't make you the legal father.*

*To make it legal, the law says you have to "belly up to the bar", put your name on some papers, and take responsibility for your kid.*

## ***"What do I do to make it legal?"***

Well, states have different laws about this, but in most places you can sign a form right at the hospital. The mom has to sign it, too.

It's called the AOP (Assumption of Paternity).

You don't have to do it right at the hospital. You'll have other chances, but before you sign it check with somebody you trust, somebody who knows—REALLY KNOWS—this stuff and find out all you can about how it works.



## ***"Why does it matter if I establish paternity?"***

Because a lot of important things happen when a Dad and his kid are "official".

Here's what it does for her:

- \* She knows who she belongs to. It makes her feel better about herself;
- \* She can get Social Security, Medicare, and disability if something happens to you;
- \* She can inherit things from you, like a car or a house;
- \* She'll be able to get the medical history from your side of the family.



Here's what it does for you:

- \* If you and Mom break up
  - ⇒ You get the right to visit her if Mom has custody. That's right. If you're not legal, it's not automatic!
  - ⇒ It makes it possible for you to get custody of her;
- \* If you're not the legal father, they don't have to show you her medical or school records, and they don't have to tell you where she is!
- \* It makes you feel like a straight-up guy who's got the guts to face his responsibilities...and be a real dad!