



READING & RESOURCE FOR DADS

Sacopee Valley Birthing Services
www.sacopeemidwives.org

Father-focused Pregnancy/Early Parenting Prep Books:

- **Be Prepared: A Practical Handbook for New Dads.** (2004) G. Greenburg and J. Hayden. “Packed with helpful diagrams and detailed instructions, and delivered with a wry sense of humor, Be Prepared is the ultimate guide for sleep-deprived, applesauce-covered fathers everywhere.”
- **Becoming a Father.** (2003) William Sears. “Not only does he attempt to break stereotypes, Dr. Sears also erodes parenting myths. For example, fathers do not need to feed the baby in order to bond with her. Dr. Sears gives so many ways that fathers can be involved with (and bond with) their babies, that it makes perfect sense to leave the feeding to the breastfeeding mother.”
- **The New Dad’s Survival Guide: Man-to-Man Advice for First-Time Fathers.** (2005) S. Mactavish. “This is a quick funny read; perfect for the new dad with little time. Mactavish has done an outstanding job of conveying the feelings and fears of new dads from personal experience. The book, however, is not an inclusive guide, but is meant to 1)reassure the new dad that we've all been there and 2) give insights into certain events that are yet to come.”
- **Rad Dad: Dispatches from the Frontiers of Fatherhood.** (2011) T. Moniz and J Adam Smith. “Gives voice to egalitarian parenting and caregiving by men in a truly radical fashion, with its contributors challenging traditional norms of what it means to be a father and subverting paradigms, while making you laugh in the process.”

Dad Memoirs: Current real-life portrayals of how it is:

- **Manhood for Amateurs: The Pleasures and Regrets of a Husband, Father, Son.** (2009) Michael Chabon. “Chabon, a father of four young children, uses his writing to constantly define what it means to be a husband, a father, and a man in the early years of the 21st century. He defines his own role in comparison to his well-meaning but distant father, and also in the context of society's (embarrassingly low) expectations of what fathers can and should accomplish.”

Partner focused Birth/Birth Support Prep:

- **The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions.** (2008) Penny Simkin. A great resource for learning about the stages of labor, how you can be a helpful support person in each stage, and what to expect from a natural birth.
- **The Fathers Home Birth Handbook.** (2011) Hazard, L. “Aimed specifically at exploring men's hopes and fears around home birth. Thorough research, balanced discussion, and dozens of home birth stories from real men all over the world make this book essential reading for all fathers-to-be.”
- **Fathers at Birth.** (2009) R. St. John. “...shows you how to transform yourself into the physical, emotional, and spiritual guide your partner needs you to be by providing you with a clear understanding of your role during labor and birth, as well as tips and tools you need to be a confident birth partner.”

Films:

- **Homebirth Dads: The Dad’s Perspective on Homebirthing.** (2007) J. Cuevas.
- **Being Dad** (2008) and **Being Dad 2: Bringing Baby Home** (2009). L. Marsh
- **Due Dads: The Man’s Survival Guide to Pregnancy.** (2006) T. Lanier

Websites/Blogs:

- Fathers and Homebirth. homebirth.org.uk/blokes.htm
- Natural Papa. naturalpapa.com
- Rad Dad. raddadzine.blogspot.com
- Daddy Dialectic. Daddy-dialectic.blogspot.com/index.html
- Pirate Papa. Piratepapa.blogspot.com

Local Groups:

- Boot Camp for New Dads (Mercy Hospital, Portland). To register, 553-6363
- Boot Camp for New Dads (Maine Medical Center, Portland). To register call 866-609-5183. Usually 9-noon on a Saturday. Free! “A fun & informative chance for rookie (new/expecting) dads to learn the ropes of fatherhood from veteran dads (fathers who bring their young babies).”
- Strong Fathers Maine: www.strongfathersmaine.org/index.php

Do you know of a helpful book or other resource that would benefit other dads? Please let me know! info@opencirclemidwifery.org or send a text to 233-6888. Thanks!

Baby Care and Development Resources (for all parents):

- The Baby Book: Everything you need to know about your baby from birth to age two. (2003) William Sears.
- Gentle Baby Care (2003) Elizabeth Pantley.
- Your Amazing Newborn (2000). Phyllis Klaus and Marshall Klaus.
- Infant Massage (2000). Vimala Schneider McClure.

A Look at Parenting Practices (for all parents):

- **The Continuum Concept** (1986). Jean Liedloff. An anthropological perspective on parenting and how to raise happy children—very interesting!
- **Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent** (1999). Meredith Small. So very readable, thought-provoking and interesting. Analyzes from a biological perspective whether our cultures’ parenting practices meet the needs of the baby.
- **Diaper Free: The Gentle Wisdom of Natural Infant Hygiene** (2006) Ingrid Bauer.

Other Helpful Parenting Books (for all parents):

- **The No-Cry Sleep Solution: Natural Ways to Help Your Baby Sleep Through the Night** (2002). Elizabeth Pantley.
- Any of the books from the Sears Parenting Library (on Discipline, Vaccines, Birth, Pregnancy, Attachment Parenting, Baby Sleep, Nighttime Parenting, Fussy Babies, etc.).
- **Connection Parenting: Parenting through connection rather than coercion, through love instead of fear** (2007). Pam Leo.
- **Siblings Without Rivalry** (2012). Adele Faber and Elaine Mazlish.
- **How to Talk So Kids Will Listen and Listen so Kids Will Talk** (2012). Adele Faber and Elaine Mazlish.
- **Easy to Love, Difficult to Discipline** (2001). Becky A. Bailey.
- **Hold on to Your Kids: Why Parents Need to Matter More Than Peers.** (2006) Gordon Neufeld and Gabor Mate. This is geared toward parents of school-aged kids, but helpful for all parents to understand why attachment is so key for good behavior and happy, well-adjusted kids.

Thanks to midwifery student Jasmine Marsh, author of “You the Man: Fathers’ Experiences of Pregnancy and Birth,” for great title suggestions for dads. Quotations are from Amazon and other on-line book reviews.