

Resources for new fathers

Books for Fathers

1. **Be Prepared: A Practical Handbook for New Dads** by Greenberg and Hayden. This is a great, no BS handbook-style book that offers straightforward advice for fathers during the *first year* after birth. A lot of guys (and moms too) like it because it is like a manual and can be used as a quick reference.
2. **The Book of dads** edited by Ben George— A book of essays by dads on fatherhood.
3. **Fathers At Birth** by Rose St. John. An excellent birth preparation book for fathers specifically.
4. **Daddy Shift: How Stay-at-Home Dads, Breadwinning Moms, and Shared Parenting Are Transforming the American Family** by Jeremy Smith. Accessible and real.

Therapists who work with new dads

1. **Sam Stevens, LMFT** specializes in working with new fathers and couples adjusting to life as new parents. www.samstevensmft.com or 503-957-8797.

Groups Supporting Dads Within the Greater Portland Area

1. **Portland New Fathers' Group** – www.meetup.com/Portland-New-Fathers-meetup/- This is a group facilitated by myself, Sam Stevens. It is a free group for fathers of children under 3 years old to connect with one another and talk about their experiences being new dads. It is held at Café au Play on 55th and SE Division on the first Sunday of the month from 12:30-2:00. You can also follow us on Facebook under Portland New Fathers' Group.
2. **Impact Northwest Dads' Group** – impactnw.org Brentwood-Darlington Community Center, 7211 SE 62nd Ave; 503-988-5961, x256. An informal group for dads and kids 5 and under. Hang out, swap stories, eat pizza and play. FREE. Every Tuesday, 6-7:30 pm, and they also go on field trips on weekends. Brentwood-Darlington Community Center, 7211 SE 62nd Ave.; 503-988-6127 x243. This is a male led play group of dads getting together to hang out, swap stories, eat pizza and play with their kids.
3. **Portland Dads at Home** – www.portlanddad.com. An email based group Connecting stay- and work at-home dads and kids. Online forum for local fathers to connect, and share information and support.
4. **Rainbow Babies** - <http://www.pdxqcenter.org/programs/youth-programs/rainbow-babies-playgroup-for-lgbtq-families/> a playgroup for LGBTQ families. Rainbow Babies offers parents of children 0-3 years a place to play and meet new friends in a safe and supportive space. This group is peer-led and volunteer driven. meets every Tuesday morning from 9:30-11am Fall/Winter at the Q Center, Spring/Summer in parks. They have a Facebook page with up-to-date information.
5. **Portland Gay Dads** – <http://www.meetup.com/Portland-Gay-Dads/> A meetup group on meetup.com for gay dads and future dads.
6. **Single parent meetup.** <http://singleparents.meetup.com/cities/us/or/portland/> - A good way connect with other single parents.
7. **PDX Dads Group** - <http://www.meetup.com/PDXDadsGroup/> – A meetup group for all kinds of dads, from stay at home to working to freelance to work from home dads. They meet several times a month with their kids and without, during the day, evening and weekends. Generally they are dads of young children (under 5).
8. **Tom Fuller, MA**, runs a paid men's group with a focus on new fatherhood. The group is for men with children under the age of 6, and focuses in personal and spiritual development. www.tomfullercounseling.com/services/

Postpartum Depression

1. **Baby Blues** – www.babybluesconnection.org. Baby blues is a local organization supporting women, men and their families struggling with Postpartum Depression. There is phone support via their warm line (not a crisis line) 866-616-3752 if you have questions or are in need of support. Volunteer run and most are women and men who have experienced postpartum depression themselves.
2. **Postpartum Dads** - www.postpartumdads.org PostpartumDads is an online volunteer based outreach project affiliated with Postpartum Support International. There is information for partners of women who are going through postpartum depression, as well as dads struggling.
3. **Postpartum Men** - www.postpartummen.com is a place for men with concerns about depression, anxiety or other problems with mood after the birth of a child. It promotes self-help, provides important information for fathers – including a self-assessment for postpartum depression – hosts an online forum for dads to talk to each other, offers resources, gathers new information about men’s experiences postpartum, and – most importantly – helps fathers to beat the baby blues.

Birth Trauma

1. **The Birth Trauma Association (England)** www.birthtraumaassociation.org.uk/fathers.htm A great page of birth stories and email support for dads who’ve experienced birth trauma, as well as how to support our partners.

Sleep

1. **The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer** by Karp. This is a good one, especially for babies who cry a lot. It focuses on soothing techniques to help parents their kids stop crying. This is great for newborns.
2. **Good Night, Sleep Tight: The Sleep Lady's Gentle Guide to Helping Your Child Go to Sleep, Stay Asleep and Wake Up Happy** by West and Kenan. This is a good all-around book on sleep issues. It is helpful for parents who are having trouble getting their kid to sleep and don’t like the ideal of the Ferber “cry it out” method.

Reconnecting with your partner after birth

1. **And Baby Makes Three** by Gottman and Gottman. This is a great book based on research about marriages that focuses on reconnecting and maintaining intimacy after the birth of a child.
2. **FOR COUPLES: NURTURING YOUR RELATIONSHIP AFTER BABY ARRIVES**, a one time class. At the Alma Midwifery education space at 433 SE 13th. Free/Alma clients or \$25 couple. Check their website for the date of the next class. www.almamidwiferyevents.com/parent-groups/

General Parenting

1. **The Baby Book; Everything you Need to Know about Your Baby**, by William Sears and Martha Sears. They also have a wonderful website full of information and an additional book about parenting a Premature Infant.
2. **The Aware Baby** by Aletha Solter. This is a great book on infant development. It has a wonderful piece on babies’ cries, what traumatizes babies and what doesn’t, and on loving and nurturing your baby.
3. **Parenting From The Inside Out** by Dan Siegal. This book focuses on parents own childhood and how it impacts the way we ourselves parent.
4. **Love and Logic magic for early Childhood: Practical Parenting from Birth to Six Years** by Fay and Fay. The original Love and Logic series geared specifically towards young children.
5. **The Parent Handbook** by Dinkman. This is a straight forward book with techniques that parents can apply working with their own kids. I recommend the 1997.

6. **Playful Parenting** by Lawrence Cohen, PhD. This is a great book focused on parenting your children while keeping joy, roughhousing, and following your child's lead.
7. **Growing Up Again: Parenting Ourselves, Parenting Our Children** by Clark and Dawson. Good for concrete information on how to nurture children in developmentally appropriate ways.
8. **Touchpoints: Your Child's Emotional and Behavioral Development, Birth to 3 years of age**, by T. Berry Brazelton, M.D. There are also many You Tube and audio tapes describing Dr. Brazelton's work.

Activities for parents with their children

1. **PDX Kids Calendar** - <http://www.pdxkidscalendar.com> Kid friendly activities in Portland arranged by date. Mostly geared towards toddlers and up, such as kids music, balloon animals, etc. Lots of free and low cost activities.
2. **Community Centers** – www.portlandonline.com/parks/ Community centers throughout greater Portland provide wonderful activities for you and your child. Community centers with indoor pools exist in the East, SE, NE, SW, and West. Activities include parent-toddler swim lessons, parent-child preschool swim times, toddler indoor play park, and preschool age art activities. They are affordable and very interactive.
3. **Library Story/Tiny Tots**- <https://multcolib.org/events/storytimes> Multnomah county library, and almost all library districts have story hours for small children. Most days have events somewhere within the county, and they are organized by hours. Some are for young children, such as Tiny Tots, which is for 1 year old children and their parents. FREE.
4. **Café au Play** – www.cafeauplay.org. 5633 SE Division St Portland, OR 97206. A non-profit coffee shop and community center for preschool age children and their parents. Frequent activities such as story time, kids music, clowns, puppet shows, and parent support groups.
5. **Rainbow Babies** - <http://www.pdxqcenter.org/programs/>a playgroup for LGBTQ families. Rainbow Babies offers parents of children 0-3 years a place to play and meet new friends in a safe and supportive space. This group is peer-led and volunteer driven. meets every Tuesday morning from 9:30-11am Fall/Winter at the Q Center, Spring/Summer in parks. They have a Facebook page with up-to-date information.
6. **Hike it Baby** - www.hikeitbaby.com A co-ed hiking group, exploring the various trails in Portland with babies and young children. Often multiple hikes per week, some for kids in carriers, some for strollers, and some toddler/older kid focused hikes. They are encouraging of dads, and would like to have dad centered hikes.
7. **Music Together** - <http://www.musictogether-pdx.com> This is a weekly activity that you can do with your child age 6 months to 5 years. You sing kid songs and meet other parents with kids the same age. You sign up for an ongoing class that meets once a week. \$140 for 10 weeks.
8. **Lil' Kickers** - www.pdxlilkickers.com Lil' Kickers is a non-competitive, introductory soccer and movement skills program for boys and girls ages 18 months - 10 years. Classes are held at Portland Indoor Soccer Center (SE Portland). Parents and kids play organized games together to develop listening skills, balance, ball skills, and foot-eye coordination. \$175 for 10 classes.
9. **The Oregon Zoo** – www.oregonzoo.org. Taking your kid to the zoo can be great, and not just in the summer. Walking for you, entertainment for them and you too. Plenty of animals to engage both of you. The cost is \$11.50 for adults, but kids under 3 are free. Getting a membership (starting at \$70/yr) really makes it something you can go to as often as you like. The second Tuesday of each month it's only \$4 to get in.
10. **OMSI** - www.oms.edu 1945 SE Water Ave. The Oregon Museum of Science and Industry is a great place to take the kids. They have a great preschool room that most people miss (just look for all the strollers). The place is expensive, but similar to the zoo in that you get a lot out of it if you get a membership. Lots of interactive science based activities.

11. **The Children's Museum** - www.portlandcm.org 4015 SW Canyon Road Portland, OR 97221 Interactive and fun for kids, with rotating visits. It costs \$10 for adults and free for children under the age of 1. The first Friday of the month is free from 4-8 PM.
12. **Do Jump Baby Circus** - www.dojump.org/ This is a class for children ages 1.5-3 and their parents. They also have classes for children 3 on up to adults. You sign up for an ongoing class. Children learn tumbling, balance, and how to work with their own bodies. Lots of fun.

Resources list compiled by Sam Stevens, LMFT, a therapist specializing in working with new fathers and couples adjusting to life as new parents. SamStevensMFT@Comcast.net. Phone: (503)957-8797.

www.SamStevensMFT.com