

# Resources for new fathers

## For Fathers specifically

### 1. Books

- a. **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.
- b. **The Book of dads** edited by Ben George— A book of essays by dads on fatherhood.
- c. **Fathers At Birth** by Rose St. John. An excellent birth preparation book for fathers specifically.

### 2. Therapists who work with new dads

- a. **Sam Stevens, LMFT** specializes in working with new fathers and couples adjusting to life as new parents. [www.samstevensmft.com](http://www.samstevensmft.com) or 503-957-8797.

### 3. Websites and groups

- a. **New Fathers' Meetup** –[www.meetup.com/Portland-New-Fathers-meetup/](http://www.meetup.com/Portland-New-Fathers-meetup/) - This is a group started 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 55<sup>th</sup> and SE Division on the first Sunday of the month from 12:30-2:00.
- b. **New Fathers' Support Group** – [www.samstevensmft.com/Fatherhood.html](http://www.samstevensmft.com/Fatherhood.html) - This is a paid support group for dads with kids under the age of 5, run by me, Sam Stevens. It is currently on hold, but will likely be starting again soon. Please contact me for further information.
- c. **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.  
<http://www.tomfullercounseling.com/services/>
- d. **Outdoor Dads** [www.outdoordads.org](http://www.outdoordads.org) – This is a group of fathers in Portland who meet up on the fourth Saturday of each month with their kids for hikes/outdoor activities. For dads with kids under 5.
- e. **Impact Northwest Dads' Group** – <http://www.impactnw.org/community-dads-group> Brentwood-Darlington Community Center, 7211 SE 62nd Ave; 503-988-5961, x256. Group meets every Tuesday from 6:00-7:30 with **English- and Spanish-**speaking facilitators who are also dads. This is a male led play group of dads getting together to hang out, swap stories, eat pizza and play with their kids.
- f. **Portland Dads at Home** – [www.portlanddad.com](http://www.portlanddad.com). Connecting stay and work at-home dads and kids.
- g. **The Dads' Group** [www.thedadsgroup.com](http://www.thedadsgroup.com) - Portland support group for Gay/Bisexual fathers
- h. **Daddies and Papas** <http://www.pdxqcenter.org/q-centers-calendar/ongoing-events/daddies-papas/> A free group that meets once per month. Dads bring their kids to play together while they connect.
- i. **Portland Dads** <http://portlanddads.info/> - Online forum for local fathers to connect, and share information and support.
- j. **Single parent meetup.** <http://singleparents.meetup.com/cities/us/or/portland/> - A good way connect with other single parents.

## 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.

## 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. **Outdoor Dads** [www.outdoordads.org](http://www.outdoordads.org) – This is a group of fathers in Portland who meet up on the fourth Saturday of each month with their kids for hikes/outdoor activities. For dads with kids under 5.
2. **PDX Kids Calendar** - [www.pdxkidscalendar.com](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.
3. **Community Centers** – [www.portlandonline.com/parks/finder/](http://www.portlandonline.com/parks/finder/) Community centers throughout Portland provide wonderful activities for you and your child. Community centers with indoor pools exist in the East, 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.
4. **Music Together** - [www.musictogether.com](http://www.musictogether.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.
5. **Lil' Kickers** - [www.pdxlilkickers.com](http://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. \$136 for 8 classes.
6. **Do Jump Baby Circus** - [www.dojump.org/classdescriptions.shtml#babycircus](http://www.dojump.org/classdescriptions.shtml#babycircus) This is a class for children ages 1.5-3 and their parents. You sign up for an ongoing class.