

Resources for new fathers

For Fathers specifically

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 more like a manual and can be used as a quick reference book.
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 or 503-957-8797.
3. **Websites and groups**
 - a. **New Fathers' Meetup** –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 55th 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 - This is a paid support group for dads with kids under the age of 5, run by me, Sam Stevens. It takes place every other Saturday from 4:00-5:30. It is limited to 7 dads.
 - c. **Outdoor Dads** 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.
 - d. **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.
 - e. **Portland Dads at Home** – www.portlanddad.com. Connecting stay and work at-home dads and kids.
 - f. **The Dads' Group** www.thedadsgroup.com - Portland support group for Gay/Bisexual fathers
 - g. **Portland Dads** <http://portlanddads.info/> - Online forum for local fathers to connect, and share information and support.
 - h. **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. I used this with my own daughter and it made a world of difference.

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 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.
2. **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. Lots of parents find this series very helpful.
3. **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 version and not the one published back in the 70s or 80s.
4. **Parenting From The Inside Out** by Dan Siegal. This book focuses on parents own childhood and how it impacts the way we ourselves parent.
5. **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. Great focus on structure and nurture, plus what parents need to address within themselves in order to provide healthy structure and nurture interactions/interventions. Recently revised and republished.
6. **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.
7. **The Science of Parenting: Practical Guidance on Sleep, Crying Play and Building Emotional Well-Being for Life**, by Margot Sunderland and Jaak Panksepp, 2008.
8. **Respectful Parents Respectful Kids, 7 Keys to Turn Family Conflict into Co-operation**, by Sura Hart & Victoria Kindle Hodson. (Utilizes Non-Violent Communication theories to build and maintain strong connection with our children.)
9. **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.

Activities for parents with their children

1. **PDX Kids Calendar** - www.pdxkidscalendar.com This is a great website of 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/finder/ Community centers throughout Portland provide wonderful activities for you and your child. Community centers with indoor pools exist in the East, Northeast, Southeast, 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. **Music Together** - 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. \$125 for 10 weeks.
4. **Outdoor Dads** 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.