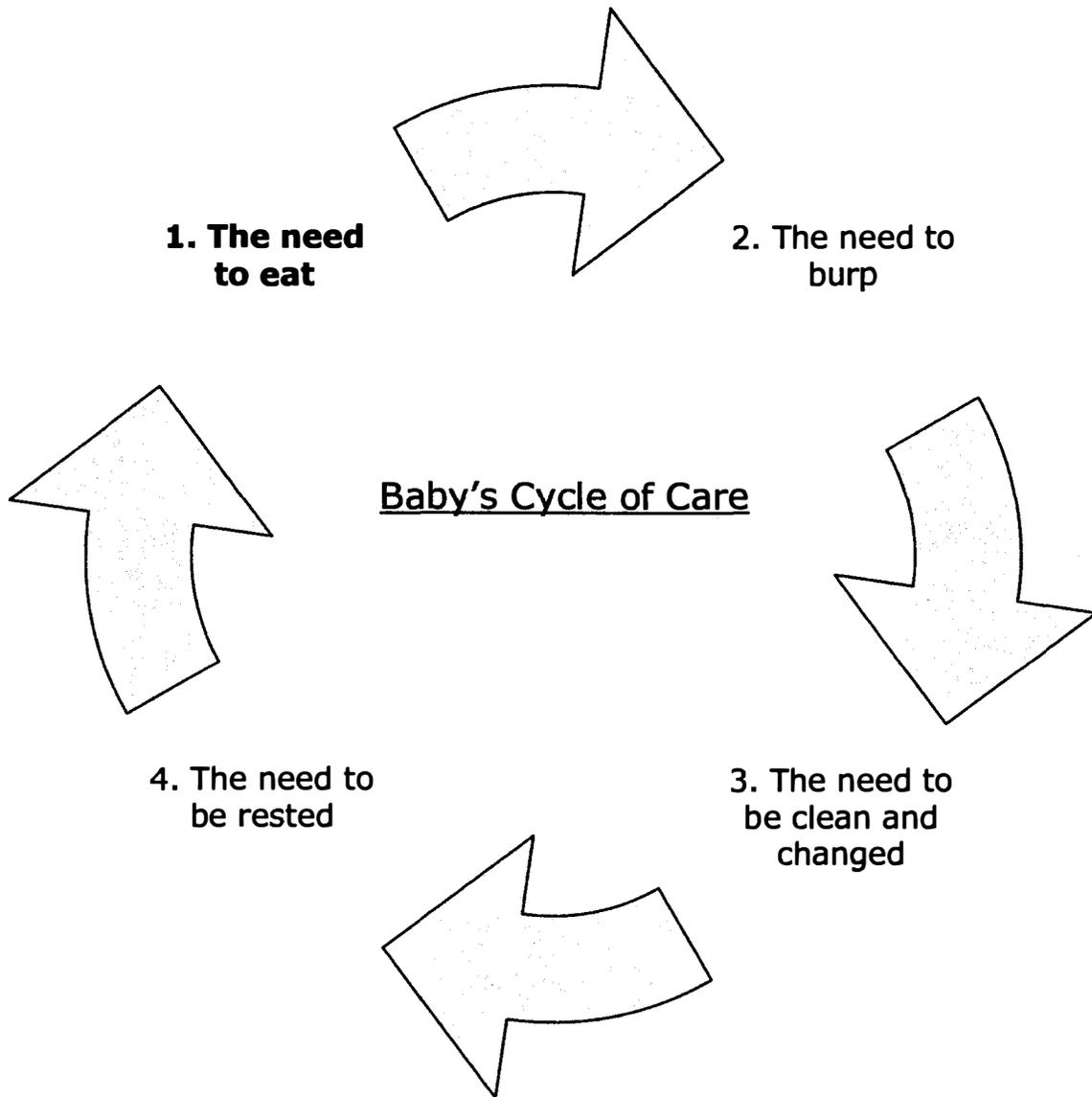


Meeting Baby's Basic Needs



5. The most basic need is the baby's need to cry!

Conscious Fathering's five keys to being an involved father

**While helping your child learn:*

Define your fatherhood. There are plenty of opportunities for dads as playmates, diaper changers, bathers and soothers. The key is to play, touch and talk with a baby as much as possible. **Talk, sing and read as often as possible, even to newborns.*

Create rituals. Turn activities like running weekend errands into regular routines for you and your child. Simply having consistent one-on-one time will make the activity special. **Exposing him to your everyday activities.*

Take responsibility. A dad can pick up his child from childcare, help him get dressed in the morning, prepare his meals, and take him to the doctor. Directly caring for a child will make you feel good about yourself and your fathering skills. **Making special trips to a park or museum.*

Find balance between work and family. Dads should have some time for themselves so that they can refuel and have something to offer their child. **Encouraging healthy play and playing with them.*

Be a Scholarly Father. The best way to father is from an informed point of view. Never hesitate to ask for input, read and seek education. Loving our children is natural, how we parent them is learned. **Let your child see how you value education.*

Everything we do with our children has dual purpose. Part of what we do is caring for and nurturing them; the other part is guiding and teaching them. The two combined, practiced consistently, predictably and reliably, and then surrounded with love, are the bond of father and child.

Find the *dual* in what you do with your child, think about it, and then make sure you are teaching them what you want them to learn...not, what you don't.