National Center for Fathering
Engaging fathers. Enriching lives.℠

"Being a dad is more than bringing home a paycheck. Kids will remember the time you take with them. Think about what kind of legacy you want to leave."
-Shannon

"Relax. Be yourself. Do your best and understand you will make mistakes, it's normal!"
-Jason

"Do everything you can for your spouse. And never let go of your family."
-Slug

"Find resources that will help you along the way. I like following social media accounts that will give me daily tips like the National Center for Fathering."
-Bob

"The years go by so quickly, be involved, be aware, make time and show they they are loved and important in your life. There is only one childhood you get to spend with them, make it count."
-Jonathon

"Figure out daily rituals that will help you to bond with your baby. Maybe it is giving their nightly bottle or playing peek-a-boo in the afternoon."
-Taylor

"Hold your baby often. There is nothing quite like it."
-Ry

"Take LOTS of pictures. Now that my girls are grown up, I'm glad that I have pictures to look back on from when they were little."
-John

"It's okay to be nervous and it is definitely okay to ask for help. That doesn't make you a bad dad, it makes you a dad who will do anything to be the best dad."
-Kyle

Tools for the Journey

Advice for New/Soon-To-Be Dads