

# Fathers-To-Be Newsletter

March 2008

The Fathers-To-Be Initiative is bringing you a newsletter to update you on our progress in the field of fathering education. Fathers-To-Be provides opportunities for parents, birthcare professionals and educators to learn about the importance of fathers and how they can beneficially contribute to pregnancy, birth and early parenthood.

The Fathers-To-Be Handbook is finding its way into the world of professionals and parents and is being very well received. We are currently contacting all the midwifery schools in the country to let them know about our services for professionals (Study Days). F2B are also offering introductory talks. If you know of a centre or a group that would like us to present a talk for fathers, couples, professionals working with birth (i.e. doulas, midwives or antenatal teachers) or a father's event please get in touch with us.

We are intending to produce a short video about our work and are looking for financial and practical help. If you are able to support us in any way please get in touch.

In gratitude,

Patrick Houser & Elmer Postle

## Latest F2B News:

**Fathers-To-Be** expectant dads group in Brighton, Sunday 30 March, 1-4 PM, call to reserve a place.

**BBC Radio interview.** Fathers-To-Be author Patrick Houser was interviewed recently on BBC radio. The 6 minute recording is available on the F2B website.

**Chelsea and Westminster Hospital** hosted a Fathers-To-Be Study Day on 9 March for YogaBirth/Active Birth teachers and doulas. Through information, dialogue and exercises they received support for their work with families.

**BabyGroe Magazine's** 'Panel of Experts' now includes Patrick Houser. BabyGroe is a registered charity set up to help parents make more informed choices. They produce a magazine that goes out, via the NHS to 500,000 people a year, to let families know about more natural products and services for their babies. Please visit [www.babygroec.co.uk](http://www.babygroec.co.uk) and join Patrick's fatherhood blog.

**Maidstone Hospital's Early Pregnancy Information Evening** has welcomed Fathers-To-Be to present brief talks with expectant parents about, "Fathers Make a World of Difference". Parents come to learn more about health in pregnancy, smoking cessation, birthing choices and now fathering.

## Book Department:

Is there a Father in the House?, by James Torr. The Association for Improvements in the Maternity Services (AIMS) Journal (Vol. 19 NO. 3) has published Elmer's review of this great book <http://www.fatherstobe.org/reviews.htm>. AIMS is at the forefront of the childbirth movement and works towards raising awareness of current research on childbirth. See [www.aims.org.uk](http://www.aims.org.uk)

**Fathers-To-Be Handbook** is set to have its first translation/foreign publishing, in Estonia. It will come in time for Fathers Day, which is in November there.

## REMEMBER

Research shows: Men who respond to impending fatherhood by reflecting on the way they were parented produce happier children.

**Fathers Make a World of Difference!**

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Please enjoy

[www.fatherstobe.org](http://www.fatherstobe.org)

YOU CAN SUPPORT US WITH CHARITABLE GIVING/DONATIONS

*The work we are doing welcoming and preparing fathers is meeting with a positive response and we have a need for financial support. If you or anyone you know (or organisation) would like to contribute fundraising skills or make contributions through the Reg. Charity, The SOURCE Foundation International(# 1106472), please contact us or make donations to: Lloyds TSB, Acct # 3050230, Sort code 30 98 77, BIC: LOYDGB21074,IBAN: GB04 LOYD 3098 7703 0502 30*