



Newsletter

Mothers Day Edition 2009

'Mothers Make a World of Difference'

Fathers-To-Be supports expectant and new dads through reinforcing their relationship with themselves, their partners, their babies, and the healthcare professionals caring for the family. Riding the waves of pregnancy, birth and early parenthood involves supporting a woman's rhythm while learning to maintain your own balance.

Latest F2B News:

Celebrating Mothers (Mothering Sunday in the UK)- "Women are the mothers of humanity; do not let us ever forget that or underemphasize its importance. What mothers are to their children, and to others, so will men be to men. Women must assume the full birthright of motherhood." Ashley Montague, The Natural Superiority of Women

We salute all mothers and the vital contribution they make to families and society. For the majority of mothers, an important ingredient for her successful pregnancy, birth and breastfeeding is the quality of care she receives from the father. Because fathers are a significant family member the experience they are having needs to be recognised and supported. During the foundation time, if fathers are supported in their new role, everyone feels better and outcomes improve. This is crucial for early family bonding, which can help insure the long-term success of the family.

Fathers-To-Be International:

Celebrating: Fathers-To-Be Handbook, USA edition is now available for parents and childbirth professionals and educators in North America, from our website.

F2B's Patrick Houser will be presenting at: *The Miracle of Birth, Uniting Ancient Wisdom and Modern Science*, XIV International Congress of Association for Pre & Perinatal Psychology & Health (APPPAH, www.birthpsychology.com) 24-27 April, Pacific Grove, CA. Presentation title, Protecting the Cave, A New Father has Arrived.

Website upgrade: We have recently been refining and upgrading our website and adding lots of new material in the form of articles and research....Particularly our **Resources** section. Come for a visit @ www.fatherstobe.org

Fathers-To-Be Tool Kit, Essential items and information for expectant and new dads. This collection of fun and important 'Power Tools' represents the pinnacle of preparation for fatherhood. A great gift for pregnant couples.

In the News:

Orgasmic Birth will be featured on GM TV Breakfast show with Lorraine Kelly, Wednesday 25 March. Fathers-To-Be is the exclusive distributor for the DVD and film screenings in the UK, available on our website. This beautiful and important film is continuing to enlighten parents and professionals alike. The Guardian Newspaper recently ran an article about the film. The reader's often strong responses were quite revealing and all over the chart as to what people 'thought' about the possibility of pleasure and empowerment during birth. None of whom had seen the film. See www.guardian.co.uk also The Daily Mail has just had a story, www.dailymail.co.uk and The Sunday Times, 22 March www.timesonline.co.uk. Also The Wright Stuff, Ch 5 has covered the topic this Monday.

Recent Events:

Natural Parenting Fair, Community Wise Centre, Eastbourne, Saturday 21st March. Great talks, workshops and products for 'natural parenting' Included a talk by Patrick Houser... for couples. Also Orgasmic Birth film screening. **Conscious Connections Talk Radio** *The Attachment & Bonding Network For Parents and Professionals* recently featured Patrick Houser as a guest coinciding with the USA release of his book.

www.consciousconnectionstalkradio.com

Elmer Postle - Fathers-To-Be co-founder is engaged in an ongoing short film project which includes reflections on fathering issues. A recent example is: '[A Gentle Praise of Men and Birth](http://www.owl.postle.net)' www.owl.postle.net

Books we recommend: Fathers at Birth, by Rose St. John, The Father's Home Birth Handbook, by Leah Hazard, The Essential Exercise & Birthing Ball Handbook, for pregnancy and birth, by www.themiraclebox.co.uk see reviews.

REMEMBER

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

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YOU CAN SUPPORT US WITH CHARITABLE GIVING/DONATIONS

The work we are doing is meeting with a positive response and we have a need for financial support. If you or anyone you know 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