

# Becoming a Father is a Process

# Road Map

- You're an expected father...
- From the moment of Conception
- Men are observers to pregnancy
- Framework for your growth is your movement from 'becoming' to 'being' a father
- There are 5 phases of pregnancy
- Each phase is different

# Moment of Conception

- Life has changed from the moment of conception
- Woman and baby are now growing because conception has occurred
- Growth of your baby doesn't take a break – not for one moment. Woman's growth therefore doesn't stop either – not for one moment... What about you?



# As an expectant father...

- You need to use pregnancy as a time to grow very specific skills
- Pregnancy moves quickly and you have to keep up
- Birthing Better fathers are teaching you how-to keep up and grow



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# Men as observers to pregnancy?

- Birthing Better skills are practical, useful, based on our shared humanity
- You're taking a 12 Step Hero's Journey



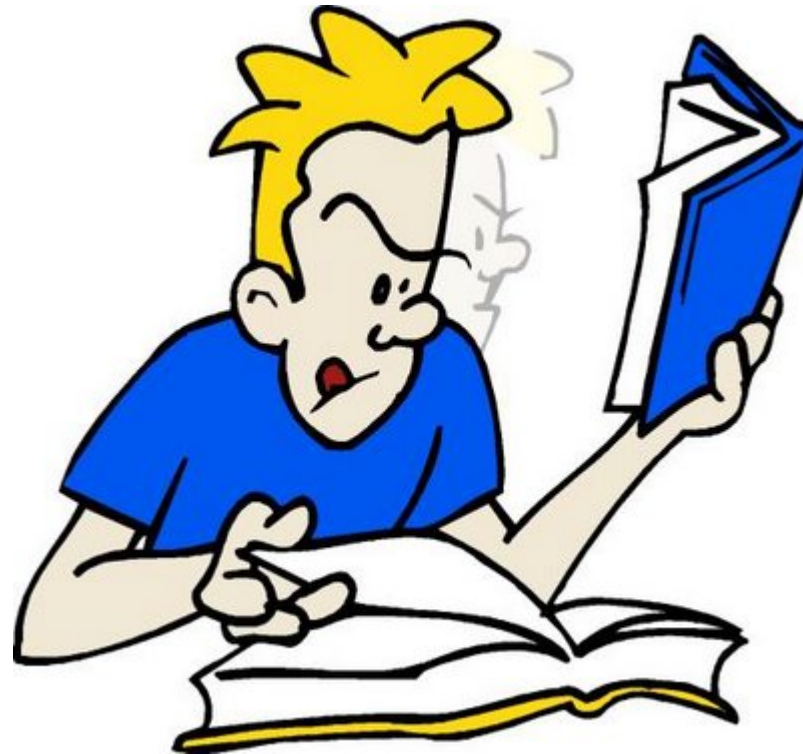
# 5 Phases of pregnancy

- **Conception to 12 weeks** .. You've passed this
- **12-24 weeks** ... You're here now
- **24-32 weeks** ... And then here
- **32 weeks to the birth** ... And here
- **The Birth** ... You're still pregnant until your baby is born.

# Birthing Better skills to grow during these phases

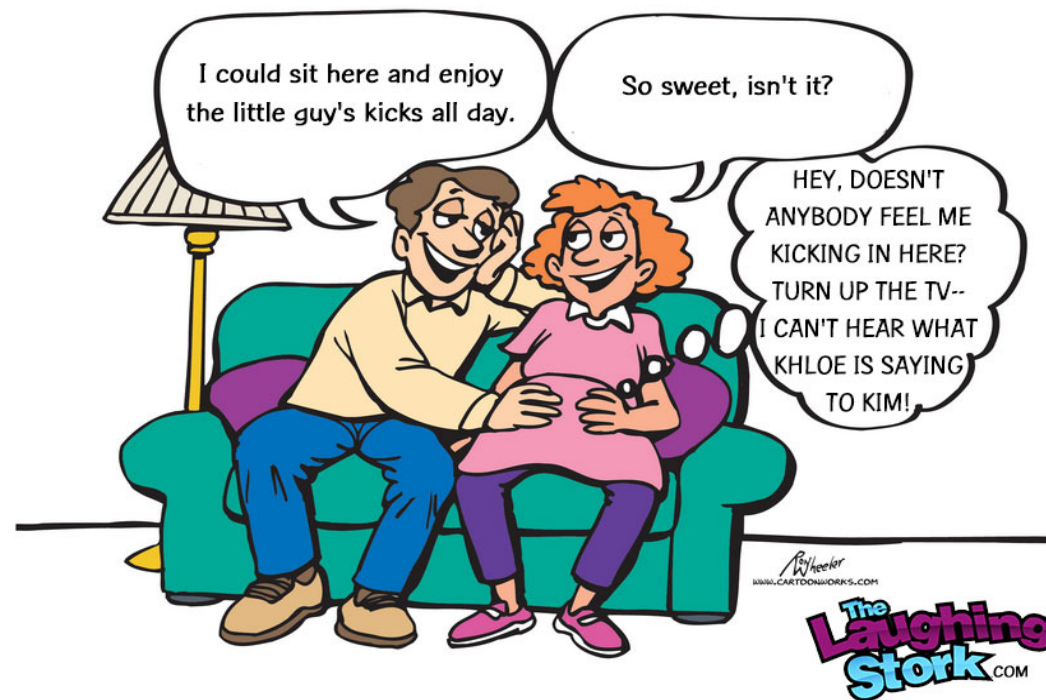
- Kindness
- Patience
- Awareness
- Attention to detail
- Being able to see what needs to be done and doing it
- Growing a second set of arms
- Growing two more sets of eyes
- Humour
- Delight
- Clarity

- Don't wait until your newborn is in your arms to try to figure out how to father





- Your skills must be learned while your baby is growing inside the mother
- She'll appreciate your effort



- By growing your fathering skills while pregnant and using birth/coaching skills during birth then you can ‘be’ a confident father once your baby is born

