

FROM THE
EDITORS OF *FATHERLY*

FATHER HOOD



A COMPREHENSIVE GUIDE TO
BIRTH, BUDGETING, FINDING
FLOW, AND BECOMING
A HAPPY PARENT

A PDF COMPANION TO THE AUDIOBOOK

Fatherhood

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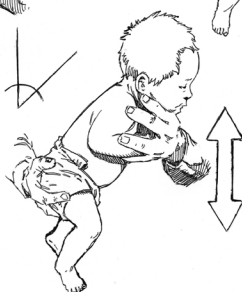
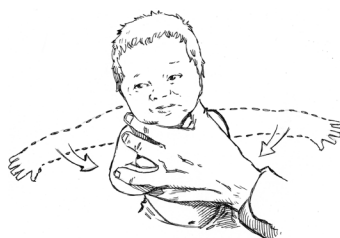
OUR MISSION

The _____s are a/an _____ family who believe that their
[family name] [adjective]
time together is best spent _____ing, _____ing, and
[verb] [verb]
_____ing. Our job is to grow together and support one another through
[verb]
hardship and good times with _____.
[core value, such as honesty, faith]
_____, and _____. Beyond our home, we treat others with
[core value] [core value]
_____ and _____ so that our family
[social value, such as respect, kindness] [social value]
members are a valuable and active part of our neighborhood and
community.

HOW TO SWADDLE THE BABY



HOW TO POSITION THE CRYING BABY TO COMFORT



[illegible][illegible]

US standard certificate of live birth

Source: Centers for Disease Control

(<https://www.cdc.gov/nchs/data/dvs/birth11-03final-acc.pdf>)

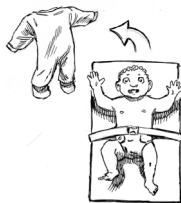
HOW TO HOLD THE BABY FOR FEEDING



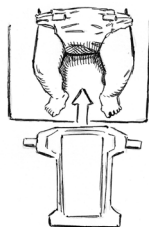
HOW TO CHANGE A DISPOSABLE DIAPER



1



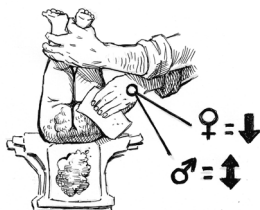
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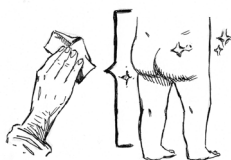
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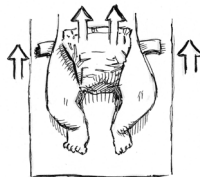
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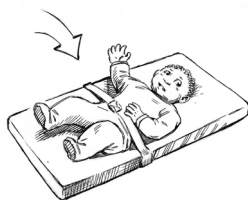


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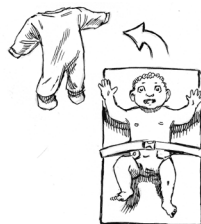
HOW TO CHANGE A REUSABLE DIAPER



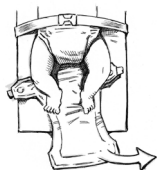
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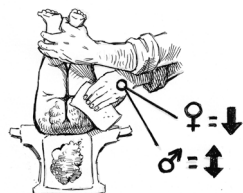
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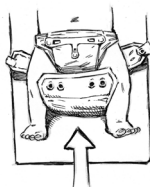
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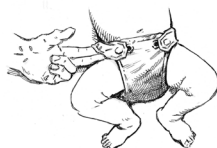
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HOW TO PUT THE BABY IN A CAR SEAT

