FROM THE EDITORS OF FATHERLY

FATHERHOOD

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

A PDF COMPANION TO THE AUDIOBOOK
If you've ever tried to start a company, you know that writing and revising a mission statement can be quite a process. But all mission statements have some very basic commonalities. First, they describe the nature of the organization—what it looks like and how it feels. Second, it talks about what the organization does and the fundamental goals that drive it. Finally, it describes how the organization interacts with the outside world.

To the extent that mission statements have these similarities, it means that you can build your household mission statement on an existing scaffolding, almost like a Family Values Mad Lib. Does it make it any easier to narrow down the values? Not necessarily. That requires the conversations detailed above, and those conversations take time. But once you've talked, you're ready to fill in the blanks.

**OUR MISSION**

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

HOW TO POSITION THE CRYING BABY TO COMFORT
### 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 BURP THE BABY

PAT PAT PAT

TAKING A HANDOFF

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HOW TO CHANGE A DISPOSABLE DIAPER

1. Lay the baby down on their back.
2. Unclip the diaper over the baby's body.
3. Lift the diaper off the baby's bottom.
4. Use a wipe to clean the baby's bottom.
5. Unclip the diaper over the baby's body.
6. Place the baby on the changing table.
7. Pull up the baby's pants to expose their bottom.
8. Use a wipe to clean the baby's bottom.
9. Place the diaper on the changing table.
10. Fold the diaper over the baby's bottom.
11. Fasten the diaper with snaps.
12. Pick up the baby and place them in their diaper.
HOW TO CHANGE A REUSABLE DIAPER
HOW TO PUT THE BABY IN A CAR SEAT