



## Newsletter

### Fathers Day Edition June 2008

We are pleased to welcome all fathers, grandfathers, uncles, adoptive fathers, carers etc. to their special day.  
**'Fathers Make a World of Difference'**

**Fathers-To-Be** are offering an afternoon in Brighton for expectant and new dads on Saturday, 12 July from 1-4 PM £20 (includes F2B Handbook). Call to reserve your place.

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

A THOUGHT FROM ELMER POSTLE: As our society's approach to parenting evolves, men are coming into closer proximity to early childcare. This may be a part of progress in childrearing and, possibly at the same time, it may be a necessity as the extended family becomes, well... over-extended. Either way, men (including this one) are spending more time looking after their children than their fathers did. "What about fathers and childcare?" ([full article](#))

Latest F2B News:

The film **Orgasmic Birth** premiered in London on 29 May followed by a screening in Glasgow on 4 June, in conjunction with the International Congress of Midwives, and Brighton on 12 June. The film has been very well attended and received, despite the challenging title. Nearly 200 midwives from around the world viewed it in Glasgow and fell in love with its beauty, honesty and the possibility it represents. A film clip is available on [www.orgasmicbirth.com](http://www.orgasmicbirth.com). Fathers-To-Be has been hosting these events and will be supporting screenings across Britain. If you are interested in hosting a screening in your area, and/or the possibility of using the film for fundraising for your organisation, please contact Patrick Houser on 01892 890 614.

[The Active Birth Centre](#) will host a screening in London on 12 July, website for details or 020 7281 6760

**May Day**, A Breastfeeding talk was held in Brighton by [The Drinks Are on Me](#) author Veronika Robinson with a brief presentation by [Fathers-To-Be Handbook](#) author Patrick Houser on an evening for parents and professionals. Veronika's amazing and important new book is available at [www.artofchange.co.uk](http://www.artofchange.co.uk)

The [Fathers-To-Be Handbook](#) is finding its way nicely into the childbirth educators and birthcare professional market. It is available at a 50% discount for trade sales.

Upcoming Events:

**20 June F2B** Elmer Postle and Patrick Houser will be presenting a CPD/Study Day for [NCT](#) Teachers at their annual National Conference in Coventry.

**30 June** Fathers-To-Be will be presenting at the [NCT/Sowing Seeds](#) 4th Annual Conference, "Maternity Matters-for all?" in Manchester titled "Remembering Fathers".

**19 July** Father-To-Be presents at the [BirthLight Refresher Weekend](#) at Institute of Child Health, London.

**Fathers-To-Be founders** Elmer Postle and Patrick Houser have been chosen out of hundreds of applicants to present at the April 2009 Association of Pre and Perinatal Psychology and Health (APPPAH) semi-annual Congress in Asilimar, California. [www.birthpsychology.com](http://www.birthpsychology.com) "Protecting the Cave...ancient archetype/modern role."

**NHS Choices** website is developing a Father's blog and are looking for some "fathers-to-be" who might like to post occasionally about their day to day experiences of expecting a baby. Contact: [Caspar.Aremi@dh.gsi.gov.uk](mailto:Caspar.Aremi@dh.gsi.gov.uk)

**We welcome 'birthing time' stories** by or about fathers. Share your experience & participate in our writing project.

**Books we highly recommend:** [Birthing Fathers](#), Richard K. Read, [Gentle Birth Gentle Mothering](#), Sarah J. Buckley

## 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*