



## Newsletter

Autumn Edition; November 2008

*We are happy to present news from our initiative to support fathers, and professionals working with fathers, in the time of pregnancy, birth and early parenthood.*

### Latest F2B News:

**Study Days for midwives go down a storm:** F2B has recently presented a Study Day to 50 staff at New Cross Hospital, Wolverhampton as well as to 51 first year midwifery students at the University of West England. This was the first time any of these important birth-care-givers had been provided with direct support for their work with fathers. Their response was hugely positive: *'Enlightening and thought provoking, we need to consider more the emotional aspect of fatherhood', 'Interesting approach to raising awareness of fathers role and thoughts during birth'*. If you would like Fathers-To-Be to make a presentation at your workplace, educational establishment, conference, etc. please contact us.

**Request for Support:** We would like to continue working with midwives, students, doulas and antenatal teachers in a resourced way at schools, hospitals, meetings and conferences around the UK. Fathers-To-Be welcomes practical assistance, financial support and creative ideas to help us bring this vital part of our project forward.

**Workshop for Fathers:** Sunday 23 November, Sussex (UK). Fathers-To-Be are offering an afternoon in Forest Row/East Grinstead for expectant and new dads from 1-4 PM £25 (includes F2B Handbook). Call to reserve your place.

**F2B in Austin, Texas, (USA):** 'Advanced Birth Professional Workshop: Supporting Fathers Prenatally and Through Childbirth'. F2B's Patrick Houser will be presenting an afternoon in Austin, Texas for midwives, doulas and childbirth educators, 15 November. [www.centexbirthnetwork.org](http://www.centexbirthnetwork.org) for details and booking.

**A Gentle Praise of Men and Birth:** Elmer Postle's first offering in his new 'Film a Week' project. <http://easylink.playstream.com/hemiowl/short8.wvx> to view the 3 minute film. F2B co-founder is making a film a week over a year long period on the theme of 'willingness to be free'. Subsequent films available to watch at: [www.owl.postle.net](http://www.owl.postle.net)

**Top Tips for Working with Fathers:** See website for our new Top Fatherhood Tips for Birthcare Professionals, welcoming and working with expectant and new fathers.

**My Baby Radio interviews:** Three great interviews with Patrick Houser are available on Podcast at [www.mybabyradio.com](http://www.mybabyradio.com). Enter Patrick Houser or Fatherhood into the search field to listen-in.

### Film Screening News

**Screening of Birth Documentary-Stroud: The Healing of Birth** (formerly 'The Psychology of Birth'), Sunday 30<sup>th</sup> November 5.30pm -7.30pm. Film showing at 5.30pm followed by discussion. Venue: The Space, Lansdown, Stroud. Admission £5- payable on door. This rich and challenging film has just been released in Scandinavia with subtitles. Available to buy from [www.owl.postle.net](http://www.owl.postle.net)

**Screenings of 'Orgasmic Birth' going well & DVD now available:** This remarkable documentary film, which 'Fathers-To-Be' co-founder Patrick Houser is promoting in the UK continues to enlighten parents and professionals alike. Recent screenings at Dartford NHS hospital (parents and staff), the University of West England (midwifery students and tutors); and the midwifery staff at New Cross Medical Centre, Wolverhampton drew highly positive responses. If you'd like to show the film to your work team, buy a copy or screen it publically please **contact** us.

**Forest Row/East Grinstead Orgasmic Birth screening** 8pm, 21 November, Forest Row Community Centre, Tickets £8 (£12 couple) at the door sales only. Contact: 01342 826581

# Anniversary News

## **Celebrating Anniversary #1**

The Fathers-To-Be initiative is proud to celebrate its second anniversary supporting parents and birth-care professionals in education and awareness of fathers in the time of pregnancy, birth and early parenthood. Two years ago, when searching “fathers to be”, Google’s response was; “do you mean mothers to be?”. Sociologically interesting considering Google monitors and reveals what the world is doing (and thinking). Now Google responds with our website at the top of a considerable list; a substantive change in the kind of resources available to families. Do visit yourself: [www.fatherstobe.org](http://www.fatherstobe.org)

## **Celebrating Anniversary #2**

It is the first year anniversary of the publishing of the [Fathers-To-Be Handbook](#). More than half of the first print run has found its way to UK parents and professionals. It is available at a 50% discount for trade sales. The popularity of the F2B handbook has also led to it being published in the USA, scheduled for 5 January, 2009 (this date would have been Patrick’s father’s 90th birthday).

## **Product Launch, Research and Books**

**Fathers-To-Be Tool Kit:** Essential items and information for expectant and new dads. Just in time for the Christmas season. This collection of fun and important ‘Power Tools’ represents the pinnacle of preparation for fatherhood. See [website](#) for details. Shipping begins 20 November.

**Research Project - Expectant Fathers:** Attention fathers expecting before January. The Institute of Research in Child Development is researching the important influence of fathers. Participation is anonymous and involves a questionnaire. [pawson@uel.ac.uk](mailto:pawson@uel.ac.uk)

**Research Project - First-Time Fathers:** A doctoral student at Lancaster University (Clinical Psychology) needs to recruit 10 first-time fathers living in the North West to take part in an interview about their experiences of early fatherhood. Fathers interested in finding out more should contact Rachel Poorhady by [email](#) or on 0798-911-4397.

**Books we recommend:** [Fathers and Sons](#), by Richard Madeley, [The Modern Mom’s Guide to Dads](#), by Hilling & Rutherford

*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 fathers supporting a woman’s rhythm while learning to maintain their own balance.*

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

[info@fatherstobe.org](mailto:info@fatherstobe.org)      44(0)1892 890 614 / 0208 742 2956      [www.fatherstobe.org](http://www.fatherstobe.org)

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, Sort code 30 98 77, Acct # 3050230.*