

Books-

- “Becoming a Dad: The First Three Years” by John C. Carr
- “Parenting from the Inside Out” by Dan Siegel
- “Emotion Coaching: The Heart of Parenting” by John & Julie Gottman
- “Thoughts & Feelings: Taking Control of your Moods and your Life” by Matthew McKay, Ph.D. Martha Davis, Ph.D., Patrick Fanning. Helps you learn how your thoughts control your life, and how to change your thoughts.
- “I Don’t Want to Talk About It”: Terry Real

Websites/Films/Podcasts-

- National Fatherhood Initiative-
<https://www.fatherhood.org/>
- Dr. Laura Markham <https://www.ahaparenting.com/ha->
provides sound parenting advice
- National Responsible Fatherhood Clearinghouse
<https://fatherhood.gov/>
- Center for the Developing Child at Harvard
<https://developingchild.harvard.edu/resources/>
- Baby Center- www.Babycenter.com It’s free, and in addition to the latest info about babies, it has great online videos and information specifically for fathers. Sign up for the weekly email notifications to get information about your baby’s development.
- “Dads” (Apple TV) is a heartfelt and humorous documentary that celebrates the joys and challenges of parenting in today’s world.
- Fatherly.com- a digital lifestyle brand, provides news, expert advice and product recommendations
- Ezra Klein interview of Mike Birbiglia called Dadding Out-
<https://www.vox.com/ezra-klein-show-podcast>

- DadTired- <https://www.dadtired.com/>- Podcast from a Christian perspective

Resources Recommended by fellow Dads in group:

- The Snoo
<https://www.happiestbaby.com/pages/snoo>
- Huckleberry App
- Glowbaby App
- Wonderweeks App
- Calm App
- “We’re Parents” by Amanda Kulp- book
- Dr. Susan Pollak- book recommendations-
“Mindfulness for Parents” and
“Self-Compassion for Parents”
<https://www.drsusanpollak.com/meditations.php>
- Emily Oster- book- Crib Sheet
- Dr. Harvey Karp- “The Happiest Baby on the Block”- the 5 S’s of Soothing
- The Evolution of Dad documentary
<https://vimeo.com/ondemand/evolutionofdad>
- Still Face Experiment-
<https://www.youtube.com/watch?v=apzXGEbZht0>
- NY Times article on the challenges around tasks

<https://www.nytimes.com/2021/06/02/parenting/domestic-partnerships-responsibilities-guide.html>