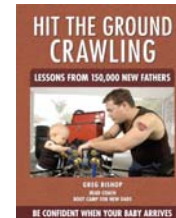




An excerpt from:



## A Man's Intro to Babies

After a century or so of baby care being considered women's work, men collectively don't have a lot of experience with infants. Few of us played with dolls or fantasized about having babies while we were growing up. Most first time fathers have never even held a baby, and for most guys, puppies are more interesting.

For those who have endured a relative or friend treating their baby like a cross between an Olympic gold medal winner and a movie star, well, the whole baby thing can obviously get way out of hand. (One visit to a baby store will confirm this).

Many of our own fathers didn't witness our births or change many diapers, and even today, some are not comfortable with the hands-on approach we are taking with our own babies. As a result, babies are somewhat of a mystery to men and some are not sure whether they are supposed to even like them, much less know how to take care of them.

People expect new fathers to be clumsy and confused about babies. You may find that when your infant starts crying in your arms, female friends and relatives will instinctively offer to take him, as if you are incapable of caring for your own baby.

Therefore it is a very pleasant surprise to find out that not only are our babies fascinating, they are incredibly lovable. The notion that men are inherently ignorant and incapable when it comes to babies evaporates the first time you rock your baby to sleep in your arms.

Bottom line: it will be up to you to cut through all the noise around you to get to know your own baby and chart your own course regarding her care. This chapter provides basic background information on babies to help get you get started early.