

Our Lives as Dads

By Robert Nickell



When I created Daddy & Company and our signature product, DaddyScrubs, I had a clear goal in mind: to recognize the important role of fathers in a family, and to include them in a process (pregnancy, labor, delivery, and parenthood) where almost all of the available information, resources and support are targeted towards expecting mothers.

Of course, this goal wasn't about minimizing the amazing role of mothers at all. It was about helping new fathers to feel involved, not only encouraging them to be proud of their title as 'daddy,' but also to feel confident supporting their partners and working as a team, sharing the joys and challenges of parenthood together.

DaddyScrubs were an instant hit, but I knew there was more still to do. There aren't many pregnancy books for dads to tell them 'what to expect.' There aren't many 'daddy n' me' classes, or support groups for new fathers. That's why I created "My Life As A Dad," a show all about helping men become better fathers.

"My Life As A Dad" is part of the multi-channel Parent Family Network and can be viewed online anytime. It's entertaining, informative and educational, and I hope it will help dads from every background, in all kinds of families, to understand a little more about what makes a great father – and laugh a little as they learn!

As I write this, more than 75 well-known actors, musicians, entrepreneurs, authors and professional athletes have already shared their personal stories on "My Life As A Dad." As the host of the show, I ask each guest to talk about how they feel about being a father, what their parenting

philosophies are, how they balance family life with their often demanding professional lives, and sometimes how they relate their own unique upbringing to their lives as fathers today.

I'm always inspired and often surprised (and amused!) to hear celebrity dads describing their favorite ways to engage with their child, their best piece of parenting advice, and even their first thoughts following their child's birth. It's fascinating to learn how many feelings regarding fatherhood are universal, and how many are deeply individual and personal. I'm a father of seven, and I'm still learning from all my incredible guests!

If you haven't checked out "My Life As A Dad" yet, here's a sneak peek into what you're missing:

"To the young dads out there: If you're nervous all the time, that's normal."

– Alimi Ballard (Actor, Numbers and CSI)

"Let them [your children] find their own journey."

– Kevin Frazier (Host, The Insider)

"There were a couple times when I put the diaper on backwards!"

– JR Martinez (US Army veteran and Dancing with the Stars champion)





"It's so unbelievably exciting!"

– Eric Christian Olsen (Actor, NCIS: Los Angeles)



"This is for real. This is a lifetime commitment. Everything is different now."

– Tom Arnold (Film and TV actor)



"Time: that's one thing that your kids will never forget. They may not remember something about money, but they will remember whether or not you were there when they needed you."

– Chris Paul (NBA Player, LA Clippers)



"Be very supportive and loving. And try your best to be understanding."

– Tyrone Wells (Singer/Songwriter)

"It's real but surreal, because it's something that's beyond hitting the lottery or beyond anything I could ever want."

– AJ Calloway
(Host, Entertainment Tonight)



"I like to focus on making moments - moments that Hunter will remember."

– James Durbin (American Idol finalist, musician)

"Listen to your elders. Take advice. If a father's telling you something - listen. You can always become a better father by listening to someone else who has been through it."

– Delanie Walker (NFL Player)



"You should be able to freeze dry certain ages."

– Shadoe Stevens (TV and Radio personality)

"It's all about your child. Your son, your daughter - that's the most important thing."

– Mercedes Lewis (NFL Player)

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A Second Chance continued

know how lucky I am that cesareans exist? No matter the answers, I feel okay with not knowing.

One thing I do know is that in no way am I less of a woman, or less of a mother, because I birthed my son and daughter via cesarean. And while I believe that “healthy baby, healthy mother” comes first, I know that they are not the only things that matter. It turns out that it mattered to feel that my birth “experience,” not just the statistical outcome, were important to my care team, and it mattered that I felt good about myself when all was said and done. I do feel good about myself. My second cesarean turned out to be a second chance, and I have no regrets about my choice to let go.

The Latch continued

If you feel stabbing or burning pain in your breasts or when your baby latches.

If you have cracked or bleeding nipples.

If your latch is not painful, but your baby is not producing a good amount of wet and dirty diapers.

Jessica Martin-Weber is a writer, speaker and creator of TheLeakyBoob.com. In just four years, The Leaky Boob has become the world's largest online interactive breastfeeding resource, recommended to mothers by several major hospital networks and health agencies. Jessica is a mother to six fiercely independent daughters and also blogs with her husband, Jeremy, at BeyondMoi.com.

Our Lives As Dads continued

“Another tip for the guys: Your wife is always right. When she's pregnant, she's always right.”

— Brian White
(Film and TV actor and producer)

“My Life As A Dad” is filmed in the Parent Family Network Studio in the South Bay.

You can subscribe to “My Life As A Dad” on YouTube, or by visiting www.mylifeasadad.com.

I am proud of all the fathers and fathers-to-be who have shared their feelings and experiences with me and my audience on “My Life As A Dad.” It's a show created by dads, for dads. I hope you'll watch, learn and enjoy.

Robert Nickell is the founder and CEO of Daddy & Company, the creator of DaddyScrubs, and a well-known syndicated columnist for national newspapers, parenting magazines and websites. He is also the Executive Producer and host of “My Life As A Father,” and a very proud dad to children Austin, Paige, Hayden, Kennady, Lincoln, Carter, and Tessa.

Head Down continued

the hypnotherapist serves as a guide. The power is truly yours! It is inspiring to witness a mother become at peace with herself, her body and baby using only the incredible power of her own mind – a power they often don't know they possess until they come into my office.

I give moms a recording of their session to listen to every day. This repetition helps mothers maintain the calm state they achieved in hypnotherapy, and encourages a baby who does turn to stay head-down until birth.

Whether or not your baby is breech, hypnotherapy during pregnancy can help to relax your body, mind, muscles and baby. It can also help make you feel more confident and empowered about birthing and becoming a parent – no standing on your head required!

Alisha Tamburri is a clinical hypnotherapist, birth doula, HypnoFertility therapist, and childbirth educator. She has more than 30 years of experience working with expecting parents, alleviating anxieties and resolving personal and physical challenges through hypnotherapy. Alisha is a pioneer of HypnoBirthing Childbirth Education in California. She is also the proud mother of two daughters, two sons-in-law, and two grandsons.

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