

Tab 1

Dad of the Year!

In 8 weeks, you'll discover how to be a better father and make parenting **more fun** for you, your partner and your children.

Weekly Group Coaching for Fathers of Young Children

Next Group Begins on Weds. Sept. 17. Sign up is open until Sept. 14 or when spots fill up.

We are aiming for 8-10 participants. We will meet as long as the group is 6 or more.

Becoming a parent is a special time that can be incredibly rewarding and memorable. But it can also be disruptive and stressful. For dads, the challenges are unique and different from those for moms.

This program is designed for fathers of kids 2 years and under. You'll discover valuable techniques, get answers to your questions, and meet other dads who are going through challenges similar to yours.

This isn't a giant Facebook group. It's a small circle, with real conversation and lasting connection.

We'll cover 4 major roles that you have as a father:

Weeks 1-2: **Getting Grounded** (meet the other dads, share parenting approaches & hot topics)

Weeks 3-4: **Caregiver Role** (practical skills like feeding, changing, bathing & everyday logistics)

Weeks 5-6: **Partner Role** (supporting mom, maintaining a strong relationship)

Weeks 7-8: **Work and Well-being** (work-life balance, maintaining identity, interests & health)

SCHEDULE

- One 60-minute call per week (Wednesday at 8pm ET) for 8 weeks
 - a. 30 minutes of guidance on the topics below
 - b. 30 minutes of discussion on real-time challenges
- There will also be a group text where you can exchange questions and ideas with like-minded dads on how to handle unexpected situations.

HOW IT WORKS

Every two weeks we'll focus on a different aspect of being an exceptional father:

WEEKS 1-2: GETTING GROUNDED

Topics & Questions:

1. What kind of father do I want to be?
2. How do I stay grounded when everything's new and changing?
3. What's been most surprising about fatherhood so far?
4. Where am I struggling right now?
5. How do I talk to other dads about this stuff?

Weeks 3-4: CAREGIVER ROLE:

Topics:

1. Feeding (bottle, breastfeeding, solids)
2. Sleep basics & routines
3. Diapering & hygiene
4. Reading cues, soothing, bath time
5. Getting out the door, packing a diaper bag

Common questions:

1. "What do I do when nothing stops the crying?"
2. "How do I create a sleep routine that actually works?"
3. "Am I doing this right, or is this just how babies are?"
4. "What are the bare essentials I need to carry with me?"

Weeks 5-6: PARTNER ROLE:

Topics:

1. Supporting your partner's recovery and well-being
2. Navigating sleep deprivation and decision fatigue
3. Dividing responsibilities
4. Communication and intimacy
5. Dealing with extended family or parenting disagreements

Common questions:

1. "How do we stop arguing about who's more tired?"
2. "What do I do when my partner doesn't trust me with the baby?"
3. "How can we reconnect when we're always exhausted?"
4. "What do I say when my parents give advice that contradicts ours?"

Weeks 7-8: WORK & WELL-BEING:

Topics:

1. Work-life boundaries & energy management
2. Mental health & self-care for dads
3. Reconnecting with interests, friendships, and purpose
4. Long-term parenting goals

Common questions:

1. "How do I focus at work after a sleepless night?"
2. "When do I get time for myself again?"
3. "How do I keep from losing myself in parenting or work?"
4. "How do I want to show up for my kid 5 or 10 years from now?"

INVESTMENT

It's \$300 to join. You can sign up [here](#).

Anyone who joins this cohort can participate in future cohorts for \$50 each (so you meet new dads as the group grows).

WHY DO THIS?

Benefits for Dad	Benefits for Mom (of Dad enrolling)
Learn new strategies for parenting	Dad will learn to appreciate some of the unique challenges Mom faces
Get ideas that save you time and reduce stress	Dad's skills will improve, so he'll require less direction on basic tasks
Make new friends	Better understanding of each parent's roles and stressors
Make parenting more fun	Dad's mood will improve by having a place where he can swap ideas and talk with other fathers

READY TO BEGIN?

Step 1: Sign up [here](#)

Step 2: You'll receive the Zoom link and onboarding materials

Step 3: Show up for the first call on Wednesday September 17

Registration will be open until Sunday Sept. 14., or when all spots are filled, whichever comes first.

FREQUENTLY ASKED QUESTIONS

How do we do all this in 8 weeks?

This is not a lecture series where we try to cover every possible detail. If you have many hours to spare, there are plenty of books out there!

But most dads are incredibly busy, so we focus on the challenges that are most pressing for you.

I'm really busy. I don't know if I have time for this right now.

This will help your busy-ness by giving you better strategies for handling it all.

One of the common mistakes for new dads is trying to figure out everything by themselves. By having a place you go with your questions, you'll get ideas and confirmation from others, that will save you hours each week.

You're talking about many areas: from the baby's health, to child behavior, to scheduling and communicating with my partner. How are you an expert in all these things?

I don't have all the answers. No one does. And even if someone did, they don't know the unique circumstances of your child and your family.

I'm not going to tell you how to raise your child. I'm going to share with you principles and strategies for thinking through the challenges you face.

Then based on my experience raising 2 kids plus the collective ideas of the other dads, we'll provide tactical suggestions of things you can try right now. Because what every child needs more than anything are parents who are invested and trying their best.

I read a couple parenting books already. I think I can do this on my own.

You could. But when you're in the middle of the sleep-deprived fog and your child won't stop crying, it can be difficult to think clearly and creatively, and you may find yourself saying "I just have to solve this myself". Our group gives you a place to ask other fathers for ideas.

We may have suggestions that save you a lot of time. And if you have a specific concern, we can help you determine what's common (everyone else is seeing it too) versus what might need special attention.

What if my child is a different age from the other dads? Or what if this is my 2nd/3rd child?

One of the advantages of the program is that everyone's kids are at slightly different ages. You'll learn from those who are slightly older, and you'll have ideas to share with those who are younger. And if this is your second or third child, we'll talk about the special dynamics of this situation in a way that benefits you and the whole group.

If you have any other questions, let me (Stephen) know at smayo@questionscompany.com.