â
MINI-HANDBOOK
FOR THE
EXPECTING DADDY

BABY BAITO



JAY TAFFET

Contents

- 1 | Author's Note
- 2 | Pre-Game
- 3 | Baby Cometh
- 4 | Homecoming Dance
- 5 | Groundhog Day
- 6 | Intelligence Quandary
- 7 | Milestones

1 | Author's Note

I couldn't wait to become a daddy. I waited twenty years since I first had the ambition, but I never stopped thinking about the role. And then, at 45, one unplanned, but blessing of an event, changed my life.

You see, it's not the whole procreation, seedplanting, next generation thing to me. It is the awesome responsibility of being totally and completely responsible for another human being.

I wondered what it would be like to have something in this world that was physically

JAY TAFFET

a part of you, but not you, and helplessly dependent on you for every nuance of survival. Not to mention, loving another being without condition or expectation, and knowing that this love, once pledged, will never be diluted.

In short, I wanted to be the best daddy of all time, and I wanted to be the best daddy of all time because it would be my ultimate gift to that little being that arrived and changed my life forever.

Is it scary? Hell yes, it's scary! Is it exhausting? Beyond words. Is it fulfilling? Like there's been something critically missing from your life for decades and you finally found it.

My daughter Gracen Hope was born on a Thursday at 3:00 a.m. after almost 48 hours of difficult labor followed by a C-section.

BABY BURRITO

I had spent the last ten years studying infant psychology and cognitive development as a hobby, and I had spent the last nine months preparing for her arrival physically, logistically, financially and emotionally.

I felt ready for the most important assignment of my life as she made her way down the birth canal over those long, grueling hours. And when I saw her for the first time, it was as if the whole world stopped and brightened, because, at that moment, I knew two things for certain: I was in love, and I was going to love being a daddy forever.

I wrote this book for you, the expecting father, because, one, there are very few books out there written by daddies for daddies; two, all the science books in the world are not going to prepare you for the first few months of being a daddy (even if you made this your geeky hobby like me); and, three, you're probably suffering the same fate as I did living a personal hell of "let me tell you what to expect" know-it-alls, doomsday hospital literature that details every possible thing that can go wrong with your baby, and smug parents with young children telling you the (unsolicited) gospel over a (now not fun) dinner.

I just want to tell you the truth, "papa to papa." I want to give you the facts about the delivery, hints to help your homecoming, techniques to facilitate your daddy duties, and, most importantly, the inside information about what your baby is thinking and doing.

And I promise to do this in bite-size pieces that you can wash down with some chips and beer in between the games on Saturday. You

BABY BURRITO

know why? Because this is not complex stuff; it's just new.

It's like the first time you drove a car, learned a sport, or tried talking to the pretty girl. It didn't take long for you to realize that a 12-year old can operate a vehicle; sports ability is just a function of time and effort; and talking to the pretty girl is just a bunch of hype.

That's how it is with your baby – just some new skill sets to pick up, some new muscles to exercise, and a lot of hype to get over.

These are little humans with the same needs, wants, observations, and perspectives as us adults. They're just a little stagnant until they learn how their limbs work and how to coordinate their tongues and voice-boxes towards intelligible semantics.

JAY TAFFET

There's nothing mysterious about them, I promise. Once you finish this book, you'll feel ready for your daddy role. But, most importantly, you'll look forward to your new role as the biggest opportunity of your life, because it is, and it certainly is for your little human who is about to meet you.

And after we get through the pledge training that is the first few weeks of being a new daddy, I'm going to give you some of the geeky science stuff I picked up in my decade of hobby study, and you're going to impress all those "experts" in your life with how you have a well-adjusted, happy, night-time-sleeping baby after three months!

