

Daddy Matters: Let's Talk About It

Episode 1—I'm Going to Be a Dad!



ZERO TO THREE
Early connections last a lifetime

Daddy Matters is a 4-part video series hosted by YouTube™ star La Guardia Cross that explores why dads matter and what matters to dads. La Guardia is the creator of **New Father Chronicles**, which captures life with his adorable young daughters. His candid and always comedic take on life as a dad has drawn millions of engaged viewers and sparks lively conversations on his social media channels. Each **Daddy Matters** episode can serve as a powerful tool for showing dads they are not alone and for opening up important discussions on a range of issues around fatherhood.

In Episode 1, La Guardia talks with other dads about the adjustment to fatherhood and how to learn from the inevitable mistakes all parents make: www.zerotothree.org/daddymatters1



Conversation-Starters:

- What does being a dad mean to you?
- What were you most looking forward to about being a father? What do you enjoy most about being a dad now?
- What was the most difficult part of adjusting to having a baby? Has that gotten easier over time? What helped?
- What is your greatest fear? Why?
- How did your idea of what kind of dad you'd be change after you actually became a dad?
- What would you like to be able to "do-over" with your child; something that you wished you would have done differently? Why? Have you changed your approach to parenting as a result of things you've learned along the way?
- Do you seek help or guidance around parenting? Why or why not? What do you see as the obstacles to dads for getting support?
- What advice about childrearing and parenting has been most helpful to you? Why?

Related Resources:

- **The Daddy Factor: The Crucial Impact of Fathers on Young Children's Development:**
www.zerotothree.org/resources/341-the-daddy-factor-the-crucial-impact-of-fathers-on-young-children-s-development
- **Preparing Your Older Child for the Arrival of a New Baby:**
www.zerotothree.org/resources/1797-preparing-your-older-child-for-the-arrival-of-a-new-baby
- **Helping Older Siblings Adjust to the New Baby:**
www.zerotothree.org/resources/1798-when-is-he-going-back-in-your-belly-how-to-help-older-siblings-adjust-to-the-new-baby
- **What Kind of Father Do You Want to Be? (video):**
www.zerotothree.org/resources/1427-what-kind-of-father-do-you-want-to-be
- **Brain Wonders: Nurturing Healthy Brain Development From Birth (video):**
www.zerotothree.org/resources/156-brain-wonders-nurturing-healthy-brain-development-from-birth