

## So You're Gonna Be A DAD – Now What? by Scott Patchin

Here are a couple of different ideas for using this book with a group at a baby shower. This is meant for groups where people know each other, are mainly couples, and are all in a similar age group.

**Option 1:** As an icebreaker for a couples shower.

Gather all the people in a room and each person will have a chance to draw a piece of paper out of a hat that has two questions on it. The rule is simple; the person who drew the sheet answers one question and selects someone else in the room to answer the other one. After the first person has gone, the person to their left draws the next sheet. Repeat this until everyone has had a chance. This icebreaker will work best with eight to fourteen people.

The questions you can use for this activity are on the second and third pages of this sheet – but feel free to create your own.

Time: 30-60 minutes depending on the size of the group – plan on everyone drawing one set of questions – there are enough questions on the attached sheets for fourteen people.

**Option 2:** Dad Olympics

For Dad's only. This activity is designed to get men moving, competing, laughing, and talking. My daughter's idea was that you use diapers to hold questions and directions for each activity station. The activities listed below could be setup in a house, garage, or outside. You can vary the activities depending on space and weather, but each activity must have a way to declare a winner.

Below is an example of the stations they go to and what activity would be at that station. The winner of each station does not have to answer the question that is given to the group (assume 4 to 8 dads). Make sure each station is assigned one question from the list and basic directions for the activity. The questions that would work well in a group have \* next to them. If you have the time – having gold medals for the winners (made out of paper) for each event might be funny. My daughter also thinks it would be funny to put an unwrapped chocolate bar in one of the diapers with the questions as a surprise. Your decision . . .

1. Station One – Marshmallow toss – The winner will either have a really good eye or a very big mouth.  
Give them five small marshmallows (or peanuts) and see how many they can throw in the air and catch in their mouth. If there is a tie, do more sets of 5 until there is a winner.

## So You're Gonna Be A DAD – Now What? by Scott Patchin

2. Station Two – No Skill Competition – This is all about luck, no matter what the winner claims!  
Rock, Paper, Scissors tournament. Pair up, best out of 3 for first round. Winners pair up again. Keep going until there is a winner. If you want to do a formal tournament bracket feel free – but I favor keeping it simple.
3. Station Three – Sprint – He might be fast, but can he build or fix anything?  
Race to see the fastest person to pick up a drill and a screw and put it in flush in a piece of wood. Need stop watch, thick piece of wood, and screws. Start the stop watch when you say go, stop it when the drill is set back on the table. (might need a neutral timer to avoid arguments – men can get a little bit competitive)
4. Station Four – Hammer toss, kind of – He might be strong, but can he really fix anything?  
The winner is the fastest to person to pound a nail into a piece of wood. You need stop watch, thick piece of wood, hammer, and nails. Start the stop watch when someone says go - stop it when the nail is pounded flush with the wood and the hammer is set back on the table.
5. Station Five – Free Throws - Finally, a real sport!  
(if you don't have a hoop, use the neighbors)  
Everyone shoots 5 free throws and top 3 get to shoot again. The final 3 shoot 10 more to determine the winner. If there is a tie, have a sudden death shoot off. The contestants alternate shots until one misses and the other makes it.
6. Station Six – Throw the football – Finally another real sport! You might want to have a quick viewing of Napoleon Dynamite for some pointers before this competition.  
Throw for distance (two throws per person) or throw at a target and give people five throws and count how many times they hit the target.
7. Station Seven – Your choice, be creative

## So You're Gonna Be A DAD – Now What? by Scott Patchin

\*What things just completely turn your stomach?

When is the last time you have had to “laugh off” a tough situation?

What song do you remember being sung to you as a child?

\*What is your favorite lullaby? (if you don't have one, ask the group to give you some) Will you sing it?????

What person in your life did the best job of “entering your world” and not requiring you to come into theirs?

\*What game do you look forward to playing with your child?

\*Thinking back over your life - what are the greatest smells that you can remember?

What's your maximum time limit for fully focused parenting without a break?

What distractions are so strong for you that when they're present you take your eye off the ball and switch into 'babysitting mode'?

What Fathers do you admire because of how they are with their kids? What do you admire that they do with/for their children?

## So You're Gonna Be A DAD – Now What? by Scott Patchin

What parenting tasks do you not look forward to doing?

**Ask all the parents in the room this question:** What are your favorite and least favorite parts of parenting a newborn?

\*What are three things you will make time for after your children are born?

\*What are three things you will have to give up after you have children?

**Ask all the father's in the room this question:** What is your family pediatrician's name? (without looking in the phone book)

Have you ever been irritated by someone else's children in a public place (on a plane, in a store or restaurant, etc.)? How did you react?

Finish this sentence, "When I am a parent I'll never . . ."

What is the best greeting you have ever received from a child? How did it make you feel?

Have you ever had a child shun you? How did you react?

What parenting duty would you gladly give up?

What memories do you have of your parents/other parents being "playful" with each other?

Do you know any older couples that surprise you with their open affection and playfulness?

## So You're Gonna Be A DAD – Now What? by Scott Patchin

**Ask this question of all parents in the group:** What some good activities are for keeping a baby busy and awake.

What is the biggest sacrifice you will have to or have made as a father/mother?

**\*Read the chapter “I Can’t Hear You! Blah . . . Blah . . . Blah . . .” and answer this question:** Who do you have a hard time listening to for advice?

How do you reenergize after a long day?

\*What is one way your father/mother showed love toward you that you want to do with your children?

**For the new Mom and/or Dad:** On a scale of 1 to 10 (1 being not prepared, 10 is prepared), how prepared are you for this child?