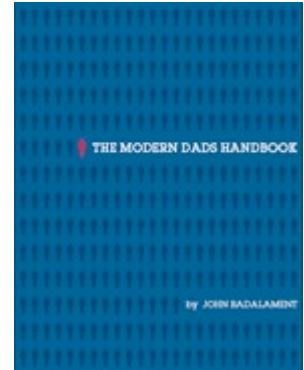


The Modern Dads Handbook by John Badalament. Cole Valley Mill, 2007, 200 pp.

Reviewed by Rich Batten

John Badalament has authored a very practical resource that helps dads conceptualize not only what it means to be a dad but more specifically what does a father do. He does this by focusing on what he calls the Four Practices of a Modern Dad:

- 1) Creating Your Legacy;
- 2) Showing Up Physically;
- 3) Connecting Emotionally; and
- 4) Modeling Healthy Relationships.



Each practice is presented with three reflections and seven actions. For example, showing up physically includes the following reflections and actions:

Reflection I: The importance of Ritual Dad Time

- Action 1: Create your Ritual Dad Time
- Action 2: Keep a log of your Ritual Dad Time

Reflection II: Being a presence at home

- Action 1: Set limits: Be a parent, not a friend
- Action 2: Evaluate the division of housework & child care

Reflection III: Showing up at school

- Action 1: Assess your involvement in your child's school
- Action 2: Explore ways to get involved at school

Needless to say this is a book that intended to be written on! My copy is dog eared, coffee stained and covered with my own chicken scratches. Because the reader is asked to participate in the material, not just read it, I suggest that most men will find it helpful to work through together with a small group of men in order to gain additional perspective and the accountability to follow through.

On the downside I found the font hard to read and some of the material in the Modeling Healthy Relationships section a little complicated but all in all The Modern Dads Handbook is a great resource for any dad seeking to be the best he can be.

Visit John's website www.johnbadalament.com for excerpts of the book and his other resources. John will be speaking at the Moving Ahead by Leaps and Bounds parent and staff training conference. February 29 – March 1 in Broomfield, Colorado.