

# **Download 25 Things Every New Dad Should Know**

## **Essential First Steps For Fathers**

Regrets are pointless, but if for some reason I was put into a time machine and found myself 18 years old again this is what I'd be glad to know. In honor of Memorial Day, let's talk about 52 things that every Father should teach his Son(s). 1) How to Throw a Ball. It breaks my heart to see little boys who don't know how to throw a ball. A New Study Suggests It's Safest to Wait at Least a Year Between Pregnancies. It could lower potential health risks for mom and baby. Part of being a man is being competent and effective in the world. To do that, you've got to have skills. Here are 100 skills every man should know.