



One Blooming Dad

Simon Peter Hewitt

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It is a blessing to be able to experience fatherhood. I spend most of my time playing and watching my son, as he looks at the world with wonder.

Before I start, I want you to know that these are my own experiences. I do not stand as an earth father nor do I speak for my fellow mankind. These notes have been recorded during the first year of my son's life. What you hold in your hands is a guide that will help you on your journey as you discover fatherhood. As a qualified Hypnotherapist I believe that knowledge is power, and so I can honestly say that as you discover fatherhood, between my words and your unique individual mind, we will find the answers.....

Contains Hypnosis Techniques and One Blooming Dad Journal.

Contains some of the following:

- * In the beginning
- * The announcement
- * How to prepare for fatherhood?
- * The maternity records
- * Clothes with a bump
- * Do men Bloom?
- * The delivery suite
- * Pain control
- * Conscious and unconscious process
- * Balloon method
- * The night that changed my life
- * the first night home
- * Other tips
- * Matching and mirroring your baby
- * How you can use non-verbal communication positively with your baby?

* Do men get postnatal depression?

* The gift

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