

# Top 10 Concerns for Soon to Be Dads | Dad University

4 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=HH0LLFGC3JU](https://www.youtube.com/watch?v=HH0LLFGC3JU)

<https://www.youtube.com/watch?v=hH0llfgC3jU>

## SUMMARY

*The video discusses the top 10 concerns for soon-to-be dads, highlighting common worries and offering insights on how to navigate the transition into fatherhood. Jason Kreidman emphasizes the importance of communication, support, and self-care during this significant life change.*

- *Financial concerns about raising a child and finding ways to save or earn more.*
- *Loss of personal time and the need to adjust schedules and priorities.*
- *The potential strain on relationships with partners and the importance of communication.*
- *Worries about parenting skills and the availability of resources for new dads.*
- *The need to support partners through empathy and shared responsibilities.*
- *Challenges of maintaining work-life balance while adjusting to new family dynamics.*
- *Concerns for the baby's health and well-being, driven by protective instincts.*
- *Feelings of isolation and lack of support from family and friends.*
- *Anticipation of sleep deprivation and its effects on health.*
- *The gradual process of bonding with the baby, with an emphasis on patience and acceptance of imperfection in parenting.*

hey guys in today's video we are going over the top 10 concerns for soon to be Dad I'm Jason kreidman founder of daduniversity.com here is our list number one lack of finances many soon-to-be dads worry about the financial impact of having a child and providing for their family well yes it's true children are expensive so you've got to find ways to save money while creating ways to make more number two loss of personal time

you might be concerned that you aren't going to be able to do the things that you used to be able to do maybe go to the gym golf with your friends hang out Etc you'll still be able to do a lot you just might need to change your schedule or cut out some of the non-essential things that you do to make that time number three relationship with your partner the arrival of a baby can put a strain on the relationship

between you and your partner if you let it it's important for soon to be dads to communicate with your partner and find ways to support each other during this time number four parenting skills many soon-to-be dads worry about their ability to be a good parent and meet the needs of the child well this is where resources like Dad University come in you can take courses watch videos and talk with other dads check it out number five how can I help

my partner this is actually a really good concern that I hear a lot just be empathetic listen Provide support and do more around the house well that's a good place to start if you have something that you are concerned about but it's not on this list write it in the comment section below I would love to get your feedback and hear from you alright number six work life balance while dads want to be present for their

new child their work life is often a huge element of their identity soon to be dads often try to mentally prepare for that shift in time commitments dad University actually offers a course called finding work-life Harmony I'll put a link in the description below if that's something you're interested in number seven is the baby going to be okay we worry about the health and the well-being of our children that father protection Instinct just kicks in and

you want to make sure that child is safe and doing okay number eight lack of support some soon-to-be dads feel isolated and unsupported in their role as a parent especially if they don't have a strong network of family and friends around them often the majority of the focus is on the mother so soon to be dads can feel that lack of support or feel left out number nine sleep deprivation everyone loves to tell soon to be dads

hey you better sleep now because you aren't going to sleep when the baby arrives thanks so much for saying that while we often do worry about the impact of sleep deprivation on our physical and mental health billions of dads have made it through you will too number 10 bonding with a baby you might feel like your partner has a much stronger bond with the baby than you do or you're simply struggling with the fact that you haven't bonded it can

take some time even several months after the baby's born to feel that Bond I know it did with me just be patient and it will come it's important to remember that every father and every child is different so don't put too much pressure on yourself to be perfect there's no such thing as a perfect parent just be the best that you can be and enjoy this new chapter of your life if you want to learn more about Dad University and go

from confused and overwhelmed to calm and confident parent be sure to check out [daduniversity.com](http://daduniversity.com) for more information on that also don't forget to like this video subscribe to the channel and share it with someone that you think might enjoy it we'll see you next time