NEW DAD COLLECTION · BOOK 1

FREE SAMPLE

You're *not late.*

For dads-to-be who think they are (they're not). The first pages of the book, to read right now.

Short. Honest. One evening each.

futuredaddy.me

BEFORE YOU START

Before You Start (Actually Read This)

If you're reading this book, one thing is certain: you're not indifferent.

Maybe you're tired. Maybe you don't have much time. Maybe you're not quite sure what you're supposed to “feel” these days, and not knowing bothers you. But the fact that you're here, reading something about exactly this, means you've already done something. And that's worth acknowledging before we go any further.

This isn't a childcare manual. You won't find feeding schedules, growth charts, or advice on changing diapers. There are already dozens of excellent books that cover that ground. This book deals with a different problem, a quieter one, and in some ways harder to admit: the feeling of being behind on what you “should” be feeling.

If this feeling is familiar, keep reading. If it isn't, even better — keep it within reach anyway, because sooner or later it comes for almost everyone, maybe in a lighter form, or at a different moment than you'd expect.

You can read it all in one evening, or one page at a time, in the gaps between one thing and another — on the train, in a waiting room, in the ten minutes before falling asleep. It's not meant to be studied. It's meant to be moved through, maybe even out of order, coming back to whichever page speaks most to what you're actually living at that moment.

One last thing before we start: you won't find comforting phrases here just for the sake of it, or the promise that “everything will be fine” simply because it's repeated enough times. What you'll find instead is an honest attempt to look straight at what you actually feel in this phase, including the less flattering parts. Because that honesty — more than any polite reassurance — is what actually takes the weight off.

CHAPTER 1

The Real Problem

Most future dads live through the exact same feeling, almost word for word: “I should feel more involved.” “I should be more prepared.” “Maybe I'm behind compared to her.”

This thought doesn't come from nowhere. It almost always comes from comparison, and at this stage comparisons come from every direction: from the books your partner has read that you probably haven't even opened, from other parents' stories that sound like they were already emotionally in it by month three, from social expectations about what it means to be “a present dad,” and from well-meaning phrases that land in exactly the wrong spot, like “you'll get it once you feel him move.”

The problem is that this comparison almost always produces the same result: pressure that helps no one, a self-feeding sense of inadequacy, and even more withdrawal — because the more behind you feel, the less you want to talk about it. It's a circle that tightens itself, and it's exactly the circle this book wants to help you break.

It's worth saying clearly, once and for all: pregnancy is a physical experience for the mother, day after day, hour after hour. For the father, at first, it's mostly a conceptual experience. You know something enormous is happening, but your body isn't telling you the same way. That's not a fault. It's biology, before it's psychology. And mistaking that difference for a personal shortcoming is the first misunderstanding worth clearing up.

TRUTH #1

Fatherly Love Isn't a Light Switch

One of the most damaging myths of all is this: “You become a father the moment you find out.” As if seeing two lines on a test, or hearing a heartbeat on an ultrasound, were enough to automatically switch on a complete, permanent bond.

For a lot of men it doesn't work that way — and it's worth saying just as clearly that it doesn't work that way for some women either, even if that gets talked about less. In most cases, the paternal bond doesn't switch on. It grows over time. It's born from real experience, not imagination. It's built through presence — the repeated small acts, the nights, the daily small responsibilities — far more than through forcing yourself to “feel” something on command.

Here's something very practical this means for you, right now: not feeling everything immediately says absolutely nothing about what kind of father you'll be. There are men who cried with emotion at the first ultrasound and then struggled in the first real months of their baby's life. And there are men who went through the pregnancy with a certain emotional distance and later became deeply present, capable, attached fathers. The initial emotion isn't a diagnostic test. It's just one of the many different ways — different for every person — this journey can begin.

TRUTH #2

You're Not “Cold”, You're Practical

There's a second misunderstanding, connected to the first, that deserves just as much attention: the way many men process change isn't a lack of sensitivity — it's just a different way of functioning.

Many men understand by doing, not by thinking or talking. They get truly involved when there's something concrete to do, not when there's an abstract emotion to feel. They step into the role when a real responsibility shows up — assembling the crib, organizing the nursery, handling paperwork, going along to an appointment — far more than in front of an ultrasound or a conversation about feelings. This isn't a flaw to fix. It's simply a different way of processing an enormous change.

The problem starts when this way of functioning gets read — by the people around you, or by yourself — as disinterest, distance, a lack of sensitivity. And the most common reaction, at that point, is to stop sharing even what you genuinely feel, out of fear of being judged inadequate anyway. It's an understandable defense mechanism, but it makes exactly the problem it's trying to avoid even worse.

UNCOMFORTABLE TRUTH

You don't have to feel the same emotions as your partner to be a good father.

It's worth reading that a second time, because it's the kind of sentence that the head understands but that struggles to reach the gut. Feeling things your own way — with your own timing, your own channels, your own intensity — isn't a scaled-down version of fatherhood. It's simply your version.

DID IT HELP?

The rest of the book is waiting.

Coming up next in “You're Not Late”:

- → Truth #3 — Feeling “behind” is completely normal
- → What NOT to do: 4 habits that turn discomfort into a problem
- → What you can do: the bare minimum, in 3 steps
- → Your body is changing too
- → If you remember just one line

BOOK 1

9 €

15 pages, instant PDF

ALL 3 BOOKS

19 €

+ What Actually Matters
+ Fatherhood Myths Busted

→ futuredaddy.me/en

7-day refund, no questions asked. Questions? hello@futuredaddy.me

© 2026 New Dad Collection. Free sample: feel free to share it as it is. The content is for information only and doesn't replace advice from medical, psychological or legal professionals.