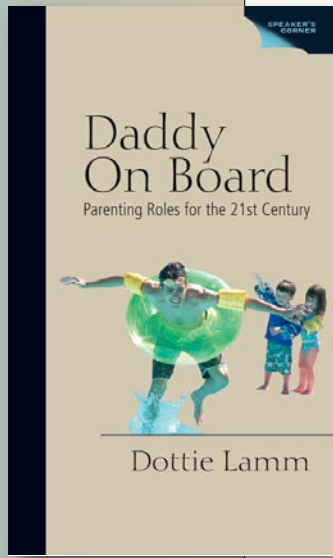


FOR IMMEDIATE RELEASE:

Daddy On Board

Parenting Roles for the 21st Century

By Dottie Lamm



An in-depth look at how today's couples share parenting roles

The former first lady of Colorado illuminates today's parenting habits, gender roles, and how parenting has changed significantly since the late 1960s

Denver, CO (11/1/2007)—In *Daddy On Board: Parenting Roles for the 21st Century*, Dottie Lamm takes a personal look at parenting decisions. Using her own experience as a mother in the 1960s and a grandmother in 2000, Lamm also documents eleven other couples that are struggling, and succeeding, at raising kids in the 21st century. Along with personal interviews and anecdotes, Lamm cites professional counselors and regular moms and dads to better understand just how parenting roles have evolved since the 1960s.

Parents of yesterday and today will see their own issues described in this insightful book, a step in the right direction toward a better understanding and acceptance of “partnership parenting.”

“I venture forward, hoping other parents can enter into this dialogue about parenting roles in the twenty-first century and perhaps find a new solution to a common challenge, or at least identify with some of these couples’ stories with an ‘aha!’ moment.”

—Dottie Lamm, from *Daddy on Board*



Dottie Lamm has been involved in the fight for women’s equality and reproductive rights as first lady of Colorado, as a Colorado Democratic candidate for U.S. Senator, and as a columnist for *The Denver Post*, among other positions. She earned her BA in psychology at Occidental College and

her MSW at the University of Denver’s Graduate School of Social Work. Lamm came to Colorado from California in 1959 as a United Airlines flight attendant. She met her husband, Dick Lamm, future governor of Colorado, in 1961, and they married in 1963. She is an active freelance writer and public speaker, serves on the Colorado Access Board, and enjoys spending time with her grandsons. A 26-year survivor of breast cancer, she still skis, hikes, and bikes. She lives with her husband in Denver, Colorado.

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Dottie Lamm, author of
Daddy On Board

Daddy On Board: Parenting Roles for the 21st Century is part of the Speaker's Corner series

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EDITOR'S IMPRESSIONS

What was your biggest surprise in writing this book, which compares role sharing between fathers of the 21st century with those of their parents back in the sixties and seventies?

That dads want much more of a hands-on role with their children, from birth, than the parents of the mid-20th century did. This seems true across the board, even in the families where the mom has decided to stay home full-time. That this desire is not just a matter of “helping my wife” or “baby sitting,” but of not wanting to miss out on the early weeks, months, and years.

Are there still societal prejudices against full-time stay-at-home dads?

Yes, but not as many as there once were. There are now blogs and support groups for full-time dads.

Why do the mommy wars still rage?

For a lot of reasons. Women, especially educated women, with all their available choices seem to feel somewhat insecure in whatever choice they make. Sometimes a mom will rationalize her own choice by putting down the choice of another mom. Moms are still held more responsible for what goes right or wrong with the children. And the male pundits—and female ideologues—keep the battle going!

Are men natural nurturers?

They can be. Even biology is not as hardwired as we once thought. This book is not about single dads, but they are the ones who kind of push the “natural nurturer” question aside. If it is not “natural,” they learn to do what they need to do and what the child needs.

What is the biggest problem the couples you interviewed had in negotiating their roles?

Falling into patterns without negotiating. Expecting certain things from a partner without expressing those expectations. As one husband said, “Say what you need; I can't read your mind!”

Why does a dad being more involved with his infants and toddlers matter?

Early indications show that his involvement can strengthen the marriage and raise more secure, flexible children. In the meantime, what professional-level dads do in demanding and taking parental leave, talking proudly about being a stay-at-home parent, or even just changing diapers, is very likely to make the workplace more family friendly.

What you may not realize is that *Daddy On Board* is not just a book for parents; it's a really approachable look at modern gender roles that you don't necessarily need to have children to appreciate (the book is full of both amusing and troubling stories that both parents *and* nonparents can relate to). The couples she's interacted with have creative methods for determining who does what, with regards to child-rearing and household duties. At its core, *Daddy* is about communication, nurturing relationships, and doing what works for your family—without feeling guilty.

