

Here's what you'll find inside the guide

Introduction

- Why Fatherhood Matters
- The Science of Bonding with Your Son
- Principles of Based Fatherhood

Part I: Early Childhood (0–2 Years)

- What's Really Happening in His Brain
- Building Attachment & Trust
- Your Job: Calm, Safe, Present
- Do This: Daily Habits That Matter

Part II: Toddlerhood (2–4 Years)

- Why He Pushes Every Boundary
- Teaching Emotions Without Weakness
- The Power of Rough-and-Tumble Play
- Do This: Discipline That Works

Part III: Early Childhood (5–7 Years)

- How Boys Learn Right from Wrong
- School, Friends, and Early Confidence
- Your Job: Model Respect and Fairness
- Do This: Simple Routines That Build Character

Part IV: Middle Childhood (8–10 Years)

- Why Competence Equals Confidence
- Friendships, Teamwork, and Independence
- Your Job: Coach, Not Just Spectator
- Do This: Projects, Sports, and Screen-Time Balance

Part V: Early Adolescence (11–13 Years)

- Puberty, Mood Swings, and Risk-Taking
- Talking About Respect, Consent, and Belonging
- Your Job: Normalize Change Without Shame
- Do This: Real Conversations That Stick

Part VI: Adolescence (14–16 Years)

- The Teenage Brain: Impulse vs. Logic
- Identity, Independence, and Pressure
- Your Job: Mentor, Not Warden
- Do This: Rules, Freedom, and Real Consequences

Part VII: Late Adolescence (17–18 Years)

- Preparing Him to Launch
- Money, Work, and Real-World Skills
- Your Job: From Authority to Guide
- Do This: Life Skills Every Boy Needs Before Leaving Home

Part VIII: The Father's Journey

- Why Your Mental and Physical Health Matter
- Balancing Provider, Protector, and Guide
- Handling Stress Without Passing It On
- Do This: Weekly Habits to Stay Based

Closing Section

- The Mission of Based Fatherhood
- Raising Boys Who Become Men
- Keep Growing