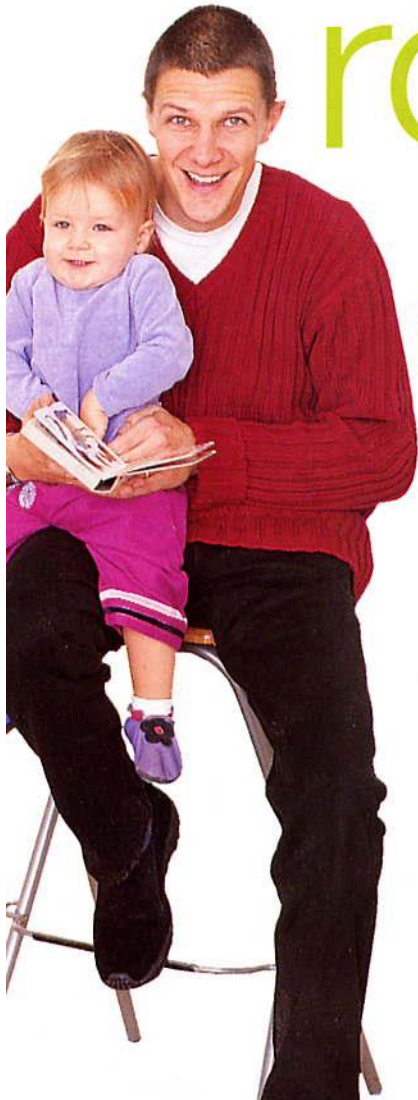


don't forget the **dads**

# Sleep is the new rock 'n' roll!



Dave – with Lily – dreaming of a decent night's sleep

Stand-up comedian Dave Smith will go to any lengths to get a decent night's kip...

**N**aps, kips, snoozes, shut-eye, dozing and resting. That's where it's at!

I've always liked sleeping, but had never really given it much thought. It was just something I did at the end of each day, so that I could get up and do more of the same the next day. But that was 'before' child.

Since Lily popped into our lives, I've found that I think about sleep non-stop. Every waking moment is spent fantasising about not being awake. I'm even thinking about it now, and had to stop typing for a moment to give the bed a long, lingering look.

These days, due to lack of shut-eye, I plan my social life well in advance. Why? Because I can only bring myself to leave the house on those evenings when I know I won't have to get up at the crack of dawn with Tiny. Believe me, it didn't take long for the novelty of falling

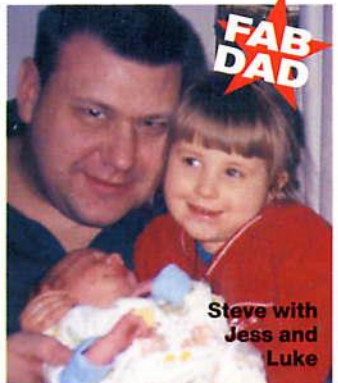
asleep face first into my food in restaurants to wear off.

One morning, after I'd stayed up too late the night before, I tried that trick of acting 'tired' in front of Lily (nodding and trying to keep my eyes open). I hoped that it might be infectious and she'd drop off. But it just resulted in her doing impressions of my bad acting and some quizzing from my partner, Leigh: "Why does she keep doing that funny thing with her head?"

Now I'll go to amazing lengths to get a decent night's sleep. As a stand-up comedian, I've driven for hours to some truly awful jobs in pubs or clubs, just because it means I'll get a solid night's sleep, minus baby, in a B&B. Outer Hebrides? £30? I'm on my way!

And whereas washing-up used to be the currency of negotiation in our house, now we use sleep. "Well you can do the supermarket shop because you had an extra 30 minutes in bed this morning."

I knew things were bad when I was propositioned in the street by a woman of relaxed morals. For the first time ever, I paused before walking on, thinking: "£100? Mmm. I wonder if she'd just tuck me in and leave me alone for half an hour?!" ■



Steve with Jess and Luke

## Let's hear it for dads!

I returned to work when my first child, Jess, was four months old and we decided that Steve would stay home. He's now spent four years looking after the kids (we now also have Luke, eight months) and trying to run a business from home.

He found it hard at first – especially mingling with the other mums at playgroup – but he does a fantastic job and loves every minute of it.

Proof of his achievements are the compliments we constantly receive about what good, well-behaved children we have. They couldn't be in better hands!  
*Linda Phillips*

To tell us why your man deserves our 'FAB DAD' award, write to the address on page 3, marking your envelope 'FAB DAD'. Please include a photo.

## A dad's guide to...

### Coping with a pregnant partner

#### D.I.Y

The minute you find out you're going to be a father, buy some paint, rollers and a tool-belt. When nesting happens, it happens! At least one room in the house is going to need a makeover.

#### Short order chef

Along with the developing baby comes an ever-increasing need for your partner to have

specific snacks, made in a very specific way, about every 20 minutes. Toasted cheese, peanut butter and marmite sandwich, cut diagonally and served in a bowl with a dash of cream is about the norm.

#### Don't get offended when... Zzzzzz!

Your partner will need more and more sleep, so don't get all upset when she drops off

half way through one of your best jokes.

#### Look after number 1 too!

At some point your partner will become quite immobile, so you'll be running around for two. Eat accordingly – you'll need all the energy you can get.

#### Be pro antenatal classes

You must go. They're really good. You'll learn lots that you

didn't even know you didn't know. You'll feel more prepared and relaxed – good for everyone involved.

#### Be nice

Never ever (even jokingly) refer to your partner as porky or tubby or anything which draws attention to her size. She's already more than aware of the changes in her appearance. 'Glowing', 'blooming' and 'sexy' are all fine.



Calling all dads! Here's your chance to meet other dads online. All you have to do is log on to [www.motherandbaby.co.uk/dads' zone](http://www.motherandbaby.co.uk/dads' zone) and you're away!