

ARE YOU A MAN WITH A PLAN?

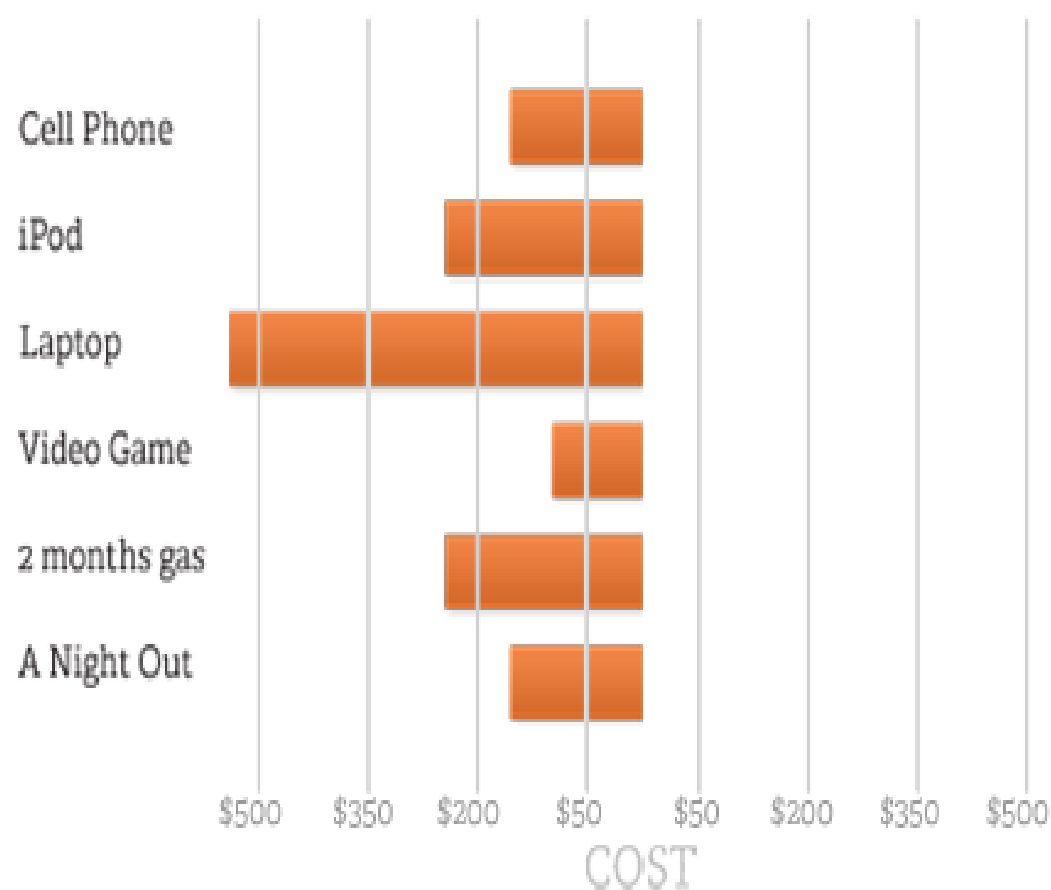
You're a man, so take control of the situation. Plan to be a father—but only if you want to be. If you don't, plan on using protection. It's all up to you. It's time to decide:

- I want to do the math
- I want to be a dad, I think
- I want to do this dad thing right
- I just want the free condoms

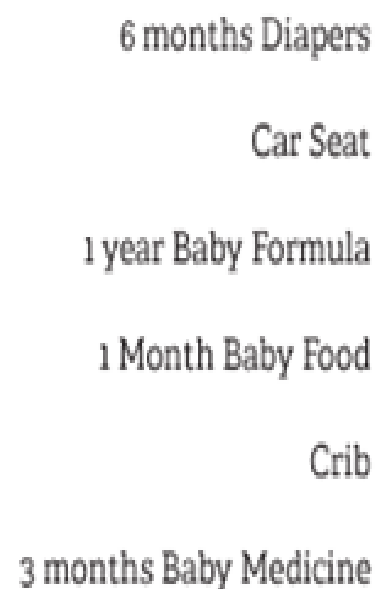




BEFORE BABY



AFTER BABY

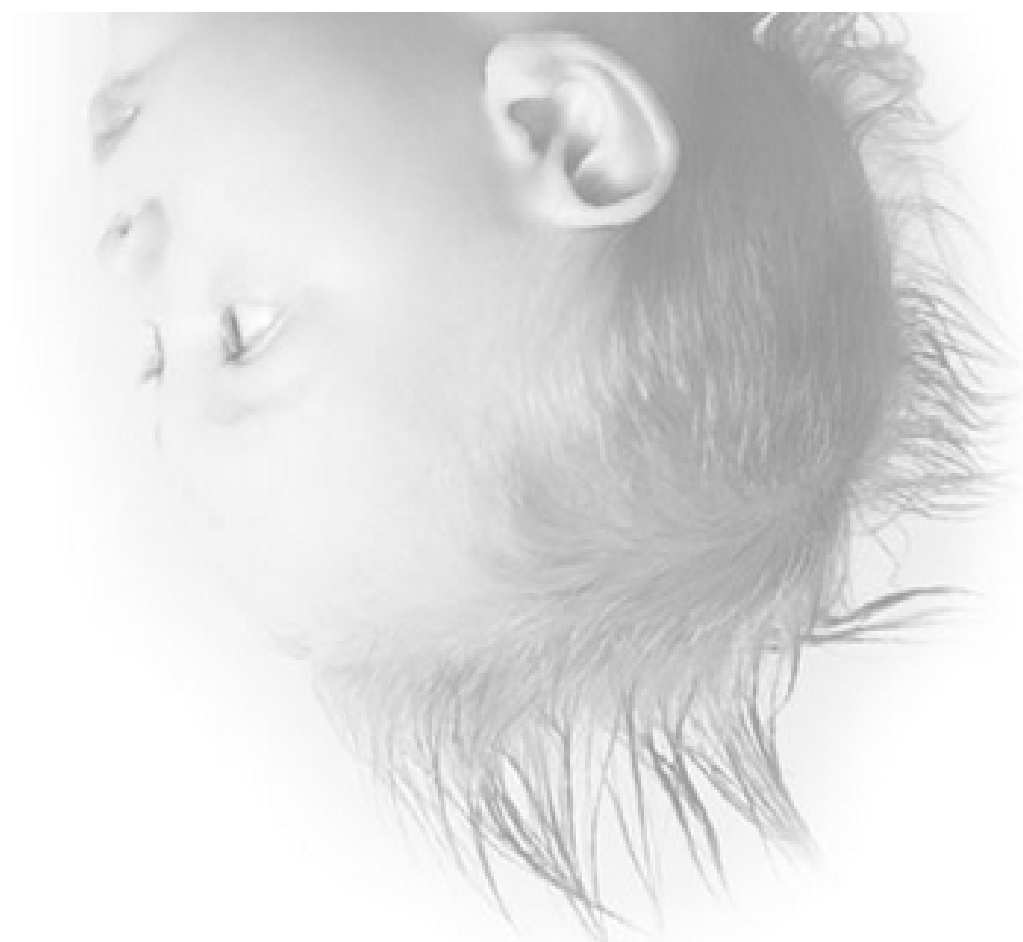


YOU'RE A NUMBERS GUY HUH?

Then let's start with the fact that **50% of all pregnancies are unplanned.** Know what else? Kids cost money. And if you're ready to be father, you have to be ready to sacrifice. It's not about just you anymore. Having a kid will cost you at least \$10,000 in the first year

WAY TO MAN UP.

Any guy can be a dad. It takes someone special to be a father. Most fathers will tell you that being a good one takes your body, mind and soul. Maybe your dad wasn't the greatest, but you want to do it better. Way to man up!



Simple But Important.

Here are ways that you can be a better father. We can't tell you everything on this page. So just click on the links to your right to learn more about specific topics.

HOW

[Eating healthy foods](#), [getting enough sleep](#), [managing stress](#), [not smoking](#), [not drinking alcohol](#), and [reaching out to family and friends for support is good for mothers AND fathers.](#)

WHAT

HOW

[Need a doctor? Find a health care provider and get regular checkups. If you live in Delaware, click here to find free or low-cost health care services.](#)

WHAT

FREE CONDOMS HERE.

Wilmington Newark Middletown Smyrna Dover Milford Southern Delaware

