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PARENTING

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BABY TALK

Tuned In

Becoming a dad gave Nick Lachey something new to sing about

By Liz Krieger



EXPERT TIP

"If your child details a fictitious trip to Disneyland, say, 'We haven't been, but if we did go, what would you want to do?' Let them pursue what's in their imagination."—*Mark Bowers, PhD*

"I can't wait to take him to his first baseball game, to watch football with him, to have a catch with him."

BABY TALK

Father Time

You have two nephews. Did that experience prepare you for having your own son, Camden?

To some extent, yeah, in that any experience you have is good. I mean, at least I had changed some diapers. But it's a whole other ballgame when it's your own child—and certainly when you're changing multiple diapers a day.

What has been the most challenging part of this first year of parenthood for you and wife Vanessa Minnillo?

Definitely the first few days home with Camden. You're still so new as a parent, and he's so new, and there's just all this uncertainty. You just don't want to screw up. I remember even that first ride home from the hospital was incredibly nerve-racking.

What has surprised you most about parenthood?

The way your life changes so much, so fast, and in every way. It affects every decision you make, and for the rest of your life. Actually, I'm not exactly surprised by this—I did expect it—but perhaps I'm just amazed at how broad-sweeping it is.

Have you had any moments where you thought, "Daddy FAIL!"?

Well, the first time Vanessa went out of town and I had to do his bath solo. It sure wasn't pretty, and it was not nearly as smooth as when his mom does it. Oh, I got him clean, in the end...but I felt like I was subjecting him to a subpar bath experience.

How would you feel if Camden wanted to follow in your footsteps?

I felt so lucky that my parents were 100% supportive of anything I wanted to do, and I'm determined to show the same unwavering acceptance of my son, whatever he wants to do.

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

Read the full Q&A with Lachey in our free iPad app!

Lachey's latest album, *A Father's Lullaby*, was inspired by the birth of his son.