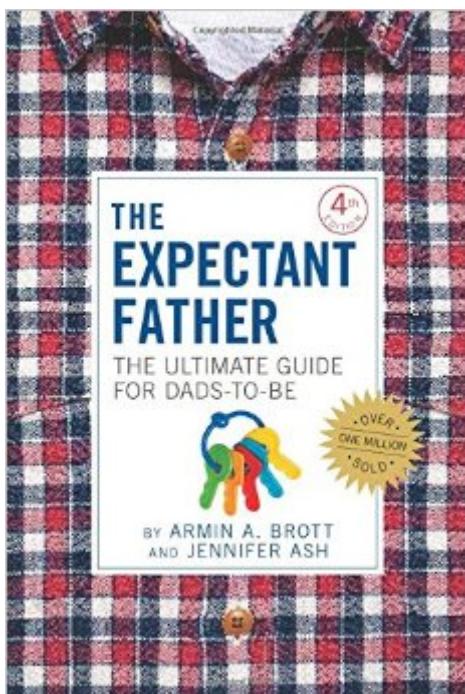


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# The Expectant Father: The Ultimate Guide For Dads-to-Be (New Father Series)



## Synopsis

The fourth edition of this best-selling, ground-breaking, information-packed guide for dads-to-be is now significantly, updated, revised, and expanded. We are expecting! The twentieth-anniversary edition of this thoroughly updated and revised parenting classic remains the most informative and reassuring book for expectant fathers everywhere. In addition to sharing the wisdom of the ages, Armin A. Brott, Mr. Dad, presents new insight into the emotional, financial, and physical<sup>yes, physical</sup> effects of impending parenthood on men. Thanks to this handy reference moms-to-be will know their partner understands and supports them during this anxious and exciting time, and that he has all the tools he needs to be a fantastic, hands-on dad. This information-packed, month-by-month guide incorporates the expertise of top practitioners in their fields, from obstetricians and birth-class instructors to psychologists and sociologists. It also draws from Brott's own experience as a father of three and from the real-world experiences of the thousands of dads he's interviewed. With the humor of New Yorker cartoons and Brott's gentle approach, *The Expectant Father* serves as a friendly and readable companion for dads-to-be seeking confidence, guidance, and joy! What's new in this edition of *The Expectant Father*? The latest health and safety info; How technology is changing fatherhood; How men's brains change by being involved during pregnancy; Society's shifting expectations for dads; The amazing effects on children when fathers are active partners before birth; How pre-birth participation makes dads more likely to be active parents post-birth; Updated resources. . . and new research on the big questions that haven't changed much over the years: Am I really ready to be a dad? How are we going to afford this? How do I balance work and family? Will I be able to handle labor and delivery while being there for my partner? What if something goes wrong? How will this affect my relationship with my partner? Will we ever have sex again? What am I supposed to do with a new baby? How can I be a good dad? Will I ever see my friends again or have any time to myself?

## Book Information

Series: New Father Series

Hardcover: 336 pages

Publisher: Abbeville Press; 4 edition (May 26, 2015)

Language: English

ISBN-10: 0789212129

ISBN-13: 978-0789212122

Product Dimensions: 6.2 x 1.4 x 9.1 inches

Shipping Weight: 3.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (171 customer reviews)

Best Sellers Rank: #77,903 in Books (See Top 100 in Books) #63 in Books > Parenting & Relationships > Family Relationships > Fatherhood

## Customer Reviews

My husband LOVES this book! He's reading it month by month as we progress through our pregnancy and he loves sharing the knowledge he's learning. It's got recipes he can cook for me and helps him better understand what I'm going through (like, perfectly!). Excellent resource for new dads!

I wanted a less 'bro' style book, and more a book that would be taken seriously by my partner...this book is definitely that book. There are personal anecdotes from the author, as well as scientifically/medically sound information, which was VERY important to me.

This book is awesome. I bought this copy as a gift for a friend who is having his first (twins actually) but my wife got it for me when we were expecting our first. I was deployed at the time and this book helped me feel in touch with the pregnancy. I read it again with our second child. Brott walks you through the pregnancy month by month in a relaxed, conversational tone. When he covers matters that are "controversial" he does a good job to not take a stance but let you know both sides so you can craft your own parenting style, but from a position of knowledge. The book is entertaining, informative and a huge benefit for a dad who wants to better understand what is going on with his partner and his unborn child. 5 stars. Definitely recommended.

I liked the format of the book when I saw the preview and wanted it for myself even if my husband didn't want to read it. He's been keeping up with the reading to match the progression of our pregnancy. He said they make it interesting - "I don't feel like I'm reading stereo instructions." I'm reading it as well, because the information and resources are better than in books I found for women which so often contain an over abundance of what your body is doing and what fruit or vegetable to compare the baby to. Don't get me wrong - this book has that too, but it's a once a month bulleted list about a page long instead of the entire chapter. It also addresses plenty of

different scenarios that could be you (infertility, adopting, deployed father, miscarriage, trying again, multiples).

My husband really likes this book so far. We just found out that we're expecting our first baby, and we have absolutely no baby experience so I bought books for both of us. I really like that it goes month by month, so he doesn't have to sit down and read it all at once. It's full of useful information while keeping the tone light and funny. But without being condescending and assuming that all men are idiots.

Good book for first time dads. Learned a lot about pregnancies and women. Helped to stay focused on the fact the my wife's hormones are erratic and when she gets moody to adjust accordingly. I read the book as she went through her pregnancy rather than reading it all the way through in a couple of days. I highly recommend it.

I really appreciated how this book is geared towards dad and helping us to understand what's going on in mom's body and with the baby. I also appreciate how he gives an unbiased opinion on controversial topics such as circumcisions giving both sides of the argument and allowing parents to make up their own minds. A must own for new dads.

As first time parents to be my husband and I were frantic to gather all the information we could. We got this book for him and the "what to expect" book for me. This book is far superior to what we got for me. We both love reading this and learning together. I haven't opened back up the other one since getting this!

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