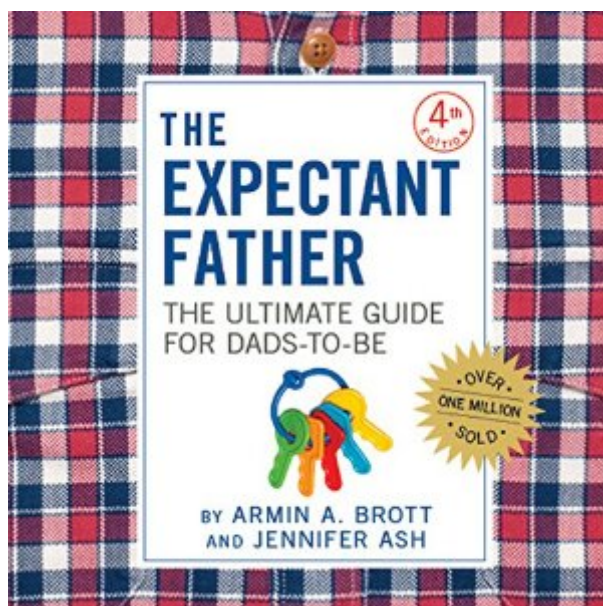


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# The Expectant Father: The Ultimate Guide For Dads-to-Be



## Synopsis

The fourth edition of this best-selling, groundbreaking, information-packed guide for dads-to-be is now significantly updated, revised, and expanded. We are expecting! The 20th 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 insights into the emotional, financial, and physical - yes, physical - effects of impending parenthood on men. Thanks to this handy reference, moms-to-be will know their partners understand and support them during this anxious and exciting time, and that they have all the tools they need to be fantastic, hands-on dads. 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 listenable 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 prebirth participation makes dads more likely to be active parents postbirth 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?

## Book Information

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## 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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