



Dad's Guide to Pregnancy For Dummies

By Matthew M. F. Miller, Sharon Perkins

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Practical, hands-on information for fathers-to-be

When it comes to pregnancy, dads' roles have changed so much in the past few decades that expectant fathers don't always know where to turn to for guidance and advice on this milestone event. Now they do!

Dad's Guide to Pregnancy For Dummies is packed with practical, straightforward information for fathers-to-be, covering all of the logistical, physical, and emotional aspects of pregnancy from dad's point of view.

- What to expect at doctor's visits
- Tips for being a supportive partner during pregnancy and preparing for fatherhood
- Advice on birth plans, labor and delivery, and the first days and weeks of a baby's life

Packed with helpful information on the typical struggles and feelings expectant fathers face, *Dad's Guide to Pregnancy For Dummies* gives first-time fathers and veteran dads alike a wealth of useful information.

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Editorial Review

Review

'no frills, well researched guide' 4 stars, Prima Baby

From the Back Cover

A practical, hands-on guide for fathers-to-be

When it comes to pregnancy, your role as a dad has changed so much in the past few decades that it's hard to know where to turn for guidance. Now you do! This hands-on, friendly guide is packed with practical information for fathers-to-be, covering all of the logistical, physical, and emotional aspects of pregnancy from your unique perspective.

- Take the fear out of fatherhood — find out what modern fatherhood means, determine if you're ready for the financial and emotional demands of a baby, and learn what you don't know about conception
- Pregnancy and childbirth 101 — get the lowdown on what to expect during pregnancy, labor, and delivery, from your perspective as well as your partner's
- So you're a father — oh, boy (or girl)! — discover how to care for your newborn — from bottle feeding to changing diapers to soothing your baby
- Be the perfect postpartum partner — support your partner by helping with the baby and household, and by attending to her emotionally as well

Open the book and find:

- How a fetus develops in every trimester
- Advice on when and how to share the good news
- Tips on baby gift registry and setting up the nursery
- What to expect during labor and delivery
- What to expect the first six months after the baby arrives
- The 4-1-1 on feeding and changing diapers
- Tips for dealing with common illnesses and emergencies
- Survival tips every new dad needs to know

Learn to:

- Grasp the logistical, physical, and emotional aspects of pregnancy
- Understand what to expect at doctor's visits
- Be a supportive partner during (and after) pregnancy
- Know what to expect during labor and delivery

About the Author

Matthew M. F. Miller is a writer/editor, stay-at-home dad, and author of *Maybe Baby: An Infertile Love Story*.

Sharon Perkins, RN, is the author of several books, including *Breastfeeding For Dummies*.

Users Review

From reader reviews:

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