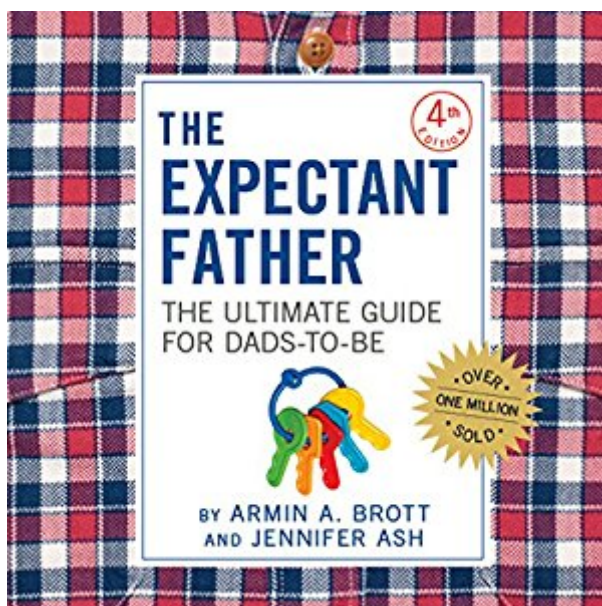


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# The Expectant Father: The Ultimate Guide For Dads-to-Be



## 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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Fatherhood #80 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

## 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!

Having heard so much about this book on the usual blogs/reddit/etc, I was somewhat underwhelmed when I went through it. It has some useful information in it, but it has a tendency to almost condescendingly depict us dads-to-be as "lovable but bumbling morons" who can't figure out even the most basic tasks on our own. All in all not a bad read, but there are better options out there for anyone pressed for time.

My husband loved this book. It reads easy, we would typically read it together each new month of pregnancy to compare if the writer "actually" knew what he was talking about as far as how the woman is feeling...he was pretty spot on! Has great tips and information for first time parents!! Would recommend!!

Love it! Nice to have a father's perspective on our first child. My wife and I spent lots of time discussing our experiences and this book really helped facilitate my experience and our collectively similar and varied emotions. Highly recommend.

Haven't read it myself... My husband is currently reading it... Apparently it gets a little odd at some points recommending 2 glasses of wine daily, doulas/spiritual/home births mostly, etc.... But it does have my husband cooking regularly, keeping the fridge stocked, letting me nap, and since reading it he has only told me "maybe it is all in your head" once (the doctor's appointment the next day confirmed that it in fact was not all in my head)...

Good read, puts in a lot more extra information than a person probably requires, but covers a lot of aspects. Already bought the book after this by Brott, maybe that one will prepare me more for when the baby is actually here.

Great book that is very insightful and helpful for me, a father to be. Lots of books out there, but this one is much more informative and less condescending or joking as a lot of the other "fatherhood"

books are. The layout over 9 months is great, as it parses out what you need to know going into each month.

I was looking for something more geared towards men during my pregnancy, a basic 'how to understand what your woman is going through' type of book.. this is perfect. Not only does it explain, how most women are feeling, it also talks about many other topics that are sure to be heavy on your mind, (especially for first time parents). My favorite pages are in the 90's where it has a list of ways to show your partner you care. Definitely recommend not only for men but for any one who is trying to understand what their partner is going through.

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