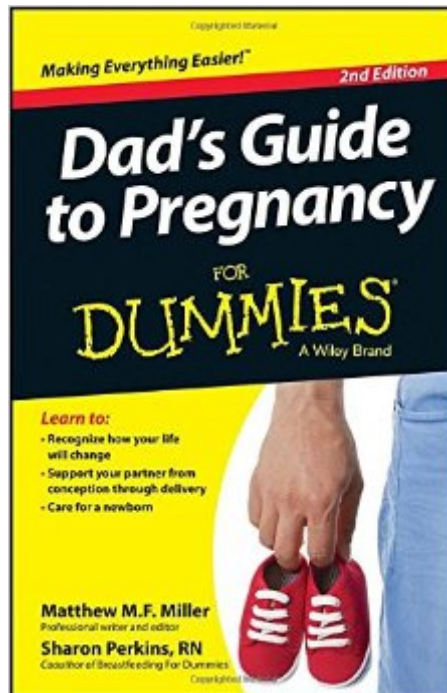


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# Dad's Guide To Pregnancy For Dummies



## Synopsis

Every father-to-be's handbook for knowing what to expect when expecting! In today's world, men are more involved in their wives' pregnancies than ever before. This 2nd Edition of Dad's Guide to Pregnancy For Dummies gives new fathers a hands-on guide that covers all of the logistical, physical, and emotional aspects of pregnancy. It is a wealth of information on topics, such as setting up the nursery, childbirth 101, and how to take care of your newborn. The book includes ideas for knowing the right time to break the news and the pregnancy timeline. Once the baby arrives, this handbook gives you the low-down on what you can expect during the first six months, such as how to change diapers and feed the little one. You'll also explore much more in-depth topics such as the new technology behind ultrasounds, and the information that is gleaned from them, the lowdown on vaccination updates, information to take the fear out of cesarean sections, tips on prenatal depression, new developments on infertility treatments, and so much more! Helps to take the fear out of fatherhood with down-to-earth advice and information Reveals how smoking leads to development problems and the possible dangers of e-cigarettes Shows new dads a playbook for how they can help throughout the pregnancy and during the delivery Offers practical tips for chronicling baby's life from ultrasound to year one If you're going to be a new dad, this is a survival guide of what to expect as your bundle of joy is on the way is the complete, easy-to-read resource for preparing with your partner.

## Book Information

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## Customer Reviews

This is one of the few "Dummies" guide that isn't too hard to hold. It's the size of a normal book and not too thick. All the questions are answered in this guide, starting with the first news announcing impending Dadhood. To make the book's contents easier to digest, here is the breakdown. The chapters are divided into five parts. The first part prepares the man for dadhood and talks about the changes he can expect. This goes for both planned and unplanned pregnancies. The second part breaks up the pregnancy. Then each one is broken down further into trimesters. This part also covers the difficulty in getting pregnant, and some of the things to try in order to get pregnant.. A good note is seeing the changes in the pregnant mate during this phase of the pregnancy. The final stage here is planning the type of birth and finding the right birth practitioner. Part III covers the birth, after birth, and care for the newborn. This also includes taking care of the mom and her need for privacy while nursing or recovering from birth. Part IV covers a few difficult issues, like difficult births, serious neonatal health issues, SIDS, post-partum depression, illnesses with the baby, and developmental issues of the infant in the first year. Part V covers things that are often forgotten about in the haste of having a new baby: saying nice things, helping out around the house, doing things together again, and finding new ways to bond as a new family. This also includes making sure that mom gets some time alone so that Dad can bond with child alone. This book is all in black and white, both figuratively and literally. There are no colored pages here.

I really felt like a dummy for convincing myself that I needed a book to teach me how to be a father, but was pleasantly surprised by all of the useful information in here! The book is written in an incredibly helpful, informative, and calming manner that enlightened me on what to expect when my wife is expecting. Though most of the information is very reassuring to me, there are sections where potential issues, dangers, or concerns are highlighted. I greatly appreciated the seriousness of these sections as it helped make the important stuff stick in my mind. Stop Googling and start reading this Dummies book immediately if you are going to be a father! All of those pregnancy boards and websites served only to get me worked up and concerned about everything that could (and probably would, as these websites imply) go wrong. The Dad's Guide to Pregnancy takes a more informative approach that is backed by data and research. I would be a giant stress ball if I relied on the internet for my prenatal information. The breakdown of sections is ideal, allowing you to get started no matter where your partner is at in the pregnancy. Part 1 focuses on everything pre-birth from deciding to have a baby to what you can do to prepare. It includes a great quick-look at what each trimester is going to be like. Part 2 is for those that are currently pregnant and goes into great depth about what changes both mom and dad will be experiencing, and what warning

signs to look out for. There is great insight into what the woman is going through and how the dad can be a good partner along the way. Part 3 delves into labor and delivery, and tells dad to basically do whatever mom wants. Be there to help her any way you can and stay out of the way when she wants you to.

This is one book that should show up at every baby shower. I have yet to run into a father-to-be who knows much about babies. In fact, apart and aside from the "proud" aspect, most of them are fairly wide-eyed with varying degrees of fright. It's rather funny in a way, but not really. This guide may not have a chill pill with it, but can do a lot to calm the old nerves. If you take a close look at a lot of family pictures, Dad is oftentimes holding the newborn with an odd look on his face. The "What do I do now?" look is usually there. This book is essentially about the entire process of getting to that point. It starts right out with a welcome to fatherhood and a glimpse of each trimester. Are you going to take the plunge? There's no time like the present one I always say. Next up we sometimes find out that this getting pregnant isn't always as easy as it seems. This chapter deals with those sad, but true facts of life and why some couples are infertile. For example, if you take 100 couples, many are successful without intervention, but ten need treatment from an infertility specialist in order to conceive. This is the everything you're expecting when you're expecting with the father in mind. The book is interspersed with an assortment of icons that as you to remember certain things, hands over a few tips, and gives cautionary notes. Try warnings that the prospective father should take a close look at. I do love this little book and thing it will definitely help out the father-to-be as he makes the journey through a pregnancy. No, fathers aren't forgotten, but they too need to do some reading and this is the perfect book for them. I know a father-to-be who will be taking a close look at this book, probably when no one is looking.

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