



The Expectant Father: Facts, Tips, and Advice for Dads-to-Be (New Father Series)

By Armin A. Brott, Jennifer Ash

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This indispensable book explores the emotional, financial, and even physical changes the father-to-be may experience during his partner's pregnancy. Written in an easy-to-absorb format and filled with sound advice and practical tips for men on such topics as, how to make sense of your conflicting emotions, how pregnancy affects your sex life, and how to start a college fund. This volume reassures, commiserates, and informs. It also incorporates the wisdom of top experts in the field, from obstetricians and birth-class instructors to psychologists and sociologists.

This new edition features the latest research on many topics (and there's a ton of it), from expanding sections on overcoming infertility, in vitro, artificial insemination, and other tech-assisted pregnancies, especially where dad is not the biological parent, to updating the sections on childbirth to reflect the fact that about 80 percent of deliveries are now done with epidurals and new information on c-sections as well. Sections on prenatal communication and education are also being expanded. There will be an overall, top-to-bottom review of the content to make sure all the information is relevant to today's young and senior dads.

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- Sales Rank: #81662 in Books
- Published on: 2010-09-14
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x 1.00" l, 1.21 pounds
- Binding: Paperback
- 352 pages

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Editorial Review

From Publishers Weekly

In this updated third edition of Brott's guide for new fathers, the parenting expert (*Fathering Your Toddler*) gives dads-to-be a month-by-month breakdown of what to expect as they prepare to welcome a baby into their family. For each month, Brott and Ash give a rundown of what mothers, babies, and fathers are experiencing physically and emotionally, from moodiness and food cravings (which fathers aren't exempt from) to balancing fatherhood with work. Rather than simply offering a laundry list, Brott and Ash explore, explain, and perhaps most importantly, assuage anxiety about the issues that arise and evolve over the course of a pregnancy. Seemingly every topic of concern is covered, from morning sickness, foods to avoid, midwives, doulas, and adoption to worries over miscarriage and birth defects, the latter addressed with calm, sympathetic advice. Brott and Ash's measured, experienced tone offers assurance and guidance for those new to the stresses and worries of impending fatherhood, making this a must-have for anyone expecting. (Sept.)
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Review

Praise for *The Expectant Father*:

"Brott writes honestly and earnestly. His wry sense of humor will be a relief to hassled parents." —*Time* magazine

"...stood out immediately...because of its perceptive insights" —*San Francisco Chronicle*

"The best guidebook to date for both the prospective father and his partner in their journey through the nine months of pregnancy... a must for fathers-to-be." —John Munder Ross, Ph.D., author of *What Men Want and Father and Child*

"One would be hard put to find a question about having a baby that's not dealt with here, all from the father's point of view." —*Library Journal*

"For fathers soon expecting the ultimate gift—a new member of the family—*The Expectant Father* is his best friend." —CNN Interactive

"The *What to Expect When You're Expecting* for men. . . . If you know an expectant father, first baby or not, make sure he has this book." —*Full-Time Dads*

"...extraordinarily helpful...packed with specific advice." —*Portland Oregonian*

Winner, 2005 Adding Wisdom award from Parent-to-Parent

"For the dad-to-be, author Armin Brott's *The Expectant Father* is a terrific gift, offering insight into pregnancy and the first few weeks of parenthood." —*BabyCenter.com*

About the Author

Armin A. Brott is a nationally recognized parenting expert and author of Abbeville's New Father series, including: *The New Father: A Dad's Guide to the First Year*; *Fathering Your Toddler: A Dad's Guide to the Second and Third Years*; *Fathering Your School-Age Child*; and *The Military Father*. He has written on parenting and fatherhood for *The New York Times Magazine*, *The Washington Post*, *Newsweek*, and dozens of other publications. He also hosts "Positive Parenting," a nationally syndicated, weekly talk show and lives with his family in Oakland, California.

Jennifer Ash is the author of *Private Palm Beach* and a contributing editor to *Town and Country*. She and her husband Joe, and their son Clarke and daughter Amelia make their home in New York City.

Users Review

From reader reviews:

Rita Dubois:

Reading a e-book tends to be new life style on this era globalization. With looking at you can get a lot of information that could give you benefit in your life. With book everyone in this world can share their idea. Publications can also inspire a lot of people. A lot of author can inspire their own reader with their story or their experience. Not only the story that share in the books. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors these days always try to improve their proficiency in writing, they also doing some research before they write to their book. One of them is this *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be (New Father Series)*.

Rita Heil:

Why? Because this *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be (New Father Series)* is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of gains than the other book have such as help improving your expertise and your critical thinking method. So , still want to hesitate having that book? If I were you I will go to the e-book store hurriedly.

Stephen Williams:

Playing with family in a very park, coming to see the coastal world or hanging out with buddies is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be (New Father Series)*, you can enjoy both. It is great combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't buy it, oh come on its identified as reading friends.

Nicolas Jones:

Many people spending their time by playing outside along with friends, fun activity along with family or just watching TV the whole day. You can have new activity to shell out your whole day by looking at a book. Ugh, ya think reading a book can actually hard because you have to use the book everywhere? It ok you can have the e-book, delivering everywhere you want in your Smart phone. Like The Expectant Father: Facts, Tips, and Advice for Dads-to-Be (New Father Series) which is having the e-book version. So , try out this book? Let's find.

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