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# The Expectant Dad S Roadmap From Dude To New Fath

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The New Expectant Dad's Roadmap  
Fatherhood

The Expectant Father Ultimate Guide  
Pregnancy for First-Time Dads

The Expectant Father

The Birth Guy's Go-To Guide for New Dads

The Expectant Dad's Survival Guide

The Expectant Father

The Expectant Father: The Ultimate Guide for Dads-to-Be (Fifth Edition) (The New  
Father)

The New Dad's Survival Guide

The First-Time Dad's Roadmap to Pregnancy and Parenthood  
Becoming a Dad

A Dude's Guide to Baby Size

A Pregnancy Roadmap for First-Time Moms and Dads

What's Your Pregnant Man Thinking?  
The Expectant Dad's Roadmap  
The Expectant Dad's Handbook  
What's Your Pregnant Man Thinking  
ABCs for Expectant Dads  
Becoming a Dad  
New Dad Words Of Wisdom  
Fathers-To-Be Handbook  
The New Father: A Dad's Guide to the First Year (Fourth Edition) (The New Father)  
World's Greatest Dad  
Checklists for the New Dad  
First Time Dad  
Being A Dad  
Dude, You're Gonna Be a Dad!  
The New Dad's Survival Guide  
Fathers to Be Handbook  
The New Father: A Dad's Guide to the First Year (Third Edition) (The New Father)  
The New Father  
The Expectant Father  
Dad's Expecting Too

The Expectant Dad's Handbook  
The Pocket Idiot's Guide to Being An Expectant Father  
FAQ for Expectant Fathers  
The New Father  
The Expectant and First Year Father  
Dad's Pregnant Too!

*The Expectant  
Dad S  
Roadmap From  
Dude To New  
Fath*

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## **NICKOLAS FORD**

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The New Expectant Dad's  
Roadmap National  
Geographic Books  
Congrats Dude! Your go-  
to-guy-guide to being the  
greatest dad before her  
due-date. There are

approximately 3,712 ways  
for a guy to look stupid  
during pregnancy - this  
book's here to help you  
avoid all(most) of them.  
And here's your first hint:  
Focus on what you can be  
doing for her rather than  
what's happening to her.  
She's pregnant. She  
knows that. You know  
that. And her 152 baby  
books tell her exactly

what she can expect. Your  
job is to learn what you  
can do between the stick  
turning blue and the drive  
to the delivery room to  
make the next nine  
months go as smoothly as  
possible. That's where  
John Pfeiffer steps in. Like  
any good coach, he's  
been through it. He's  
dealt with the morning  
sickness and doctor visits,

painting the baby's nursery and packing the overnight bag, choosing a name, hospital, and the color of the car-seat cover. All the while he remained positive and responsive - there with a "You're beautiful" when necessary - but assertive during the decision-making process (he didn't want to wind up with a kid named Percy). And now it's your turn. She might be having the baby, but you have plenty of responsibilities.

**Fatherhood** Random House

One of the best gifts you can give yourself during pregnancy is information! Pregnancy is a journey into the unknown and one where you might find yourself questioning the effects of every decision you make for nine months and beyond. This comprehensive collection is tailored for first-time mothers and fathers, covering the essential shared and unique issues, ensuring a smooth transition from conception through pregnancy to parenthood. For the first-time mother, you will:

Discover what to expect during antenatal visits  
Track your baby's development month by month  
Navigating work and the changing relationship with your partner  
Discover how to maintain physical and emotional health during and after pregnancy  
For the first-time father  
Delve into the emotional and psychological challenges of fatherhood.  
Discover the vital role a father plays in a child's wellbeing  
How to be financially prepared  
How to be an effective

supportive partner, Embrace the responsibilities, joys and privilege of being a dad Side by side Mom and Dad will: Discover the effects of diet, exercise, and lifestyle choices Discuss your rights in the workplace and parental leave Highlight the importance of emotional well-being for both parents Choose the right healthcare provider, and devise a birth plan Discuss the highs and lows of pregnancy and the importance of not losing yourselves in the process

*The Expectant Father Ultimate Guide*  
Independently Published  
An informative Q&A series for dads-to-be, from the best-selling author of *The Expectant Father* On one page is a fill-in-the-blank statement about impending fatherhood, along with four multiple choice answers. Test yourself, then turn the page to find some helpful advice drawn from the expertise of top practitioners, as well as Brott's own background as a father of three and the real-world experience

of thousands of others. With chapters on each of the nine months of pregnancy, as well as sections on labor and delivery and infertility, the book features topics guys need to know—changes to men's hormones during pregnancy—and doesn't shy away from topics guys want to know—sex during pregnancy—all of which is told with the authority and honesty of an informed buddy. Test your knowledge on pregnancy and the countdown to fatherhood with this sneak peek into

FAQ for Expectant Fathers: Some research has found that the more severe the morning sickness, the \_\_\_\_\_ will be. a. higher the baby's IQ b. prettier the baby c. louder the baby d. crankier the baby Answer: Women who have severe morning sickness are less likely to miscarry, deliver prematurely, or have low-birth weight babies. Some research has found that the more severe the mother's symptoms, the higher the baby's IQ will be. Tip: Telling her these things won't make her

feel much better, but it might make her smile as she's leaning over the toilet bowl. *Pregnancy for First-Time Dads* New Harbinger Publications Are you ready to embrace the incredible journey of becoming a dad? Welcome to "The Expectant Dad's Handbook: Navigating the Journey to Fatherhood," your ultimate guide to conquering fatherhood with confidence and grace! This captivating and mind-engaging book is your go-to resource,

crafted by experts in fatherhood and parenting, to help you navigate every step of this transformative adventure. From the exhilarating moment of discovering the pregnancy to preparing for the baby's arrival, you'll be equipped with essential knowledge and practical advice to be the best dad you can be. Discover the secrets to creating a nurturing and loving environment for your partner and your baby, actively participating during labor and delivery, and

fostering an unbreakable bond with your child, even before they're born. With expert insights, heartwarming stories, and practical tips, "The Expectant Dad's Handbook" empowers you to tackle the challenges, celebrate the triumphs, and embrace the wonders of fatherhood with open arms. Are you ready to embark on this unforgettable journey? Let's dive in together and prepare to embrace the joys, the surprises, and the magic of becoming a dad. Get ready to

navigate the extraordinary path to fatherhood like a pro! *The Expectant Father* Simon and Schuster You may be worried about how your new baby is going to affect your life. You may also feel inadequately prepared for such a huge responsibility. Also, you're tired of spending hours surfing the internet to look for advice for expectant dads that will end with a mountain of contrasting advice and assumptions-based information, right? Don't

panic anymore! A step-by-step guide on pregnancy preparation based on real life experiences from expectant dads (and moms) that will give you only proven tips and those that have been field-tested by hundreds of men, who were in the same place you now stand. Why... Because your role is as important as the mother and you need to be prepared for fatherhood in the right way. New studies are finding that non-maternal caregivers play a crucial role in children's behavior,

happiness, even cognitive skills. This survival manual for dads-to-be gives you proven insights in order to be prepared for pregnancy and childbirth in a clear and sensible way. "Becoming a Dad" is different. This practical bite-sized guide will definitely prepare and empower you during pregnancy and beyond. Get INSTANT ACCESS to the same valuable tips and tools. Just scroll up and click on Add to Cart!

**The Birth Guy's Go-To Guide for New Dads**  
WaterBrook

Fatherhood demystified! Finally: a manual for new dads that deciphers the immensely confusing world of fatherhood and gives crucial tips and advice from a man's point of view. No psychobabble, no warm fuzzies -- just a hilarious (and surprisingly practical) military-style guide to surviving and thriving through even the queasiest moments of pregnancy, birth, and babyhood. Seasoned father and master infant-tamer Scott Mactavish breaks the Baby Code down and lays it out in

straight-up guyspeak. The New Dad's Survival Guide includes declassified information on such topics as: Cutting the Cord: The Moment of Truth Feeding and Cleaning the NFU (New Family Unit) Surviving Sleep Deprivation Relieving Stress Without Booze The Great Boob Irony Pee, Poo, Hurl, and Snot: Getting Used to the Bodily Functions Critical Survival Tips Never Before Revealed Sex: Let the Games Begin Again...Finally Dozens of Essential Terms Defined,



Including Binky, Onesie, Diaper Genie, Passy, and Sippy Cup Grab your boots and strap on your helmet! The babies are coming!

### **The Expectant Dad's Survival Guide**

ReadHowYouWant

Becoming a parent can be daunting . . . terrifying, in fact. This is especially true for dads. Where's the road map? Well, you're looking at it. This book from the editors of Fatherly, the largest digital brand for dads, is a one-stop source for fathers-to-be,

empowering them to be the best parent they can be--with both confidence and joy. New fathers grapple with both practical and existential questions: Is my baby supposed to do that? How do I afford to make my family thrive? How does swaddling work again? Who am I, and what kind of dad will I become? Fatherhood is here to answer all of these questions and more. This comprehensive guide walks fathers through everything they need to know--practically,

emotionally, and philosophically--over the course of the first year of a baby's life. The content is divided by developmental stage: Pregnancy up to birth  
Infancy (the first 500 days)  
Toddlerhood (days 500 to 1,000)  
By offering data, anecdotes, and expert-driven analysis, the authors prep dads for what's ahead, letting them know they're not alone on their journey. Fatherhood is the book every father and father-to-be needs.  
The Expectant Father

Independently Published  
The viral video star behind Dude Dad offers a humorous and heartfelt guide to helping expectant fathers survive and thrive during the wild ride that is forty weeks of pregnancy. Numerous apps and books exist to help expectant parents understand their baby's development by comparing their unborn child to a raspberry or a stalk of broccoli, but Taylor Calmus takes issue with that. First off, your baby is not some wimpy little vegetable. Your baby

is a hardcore little lug nut who is straight-up growing organs on a weekly basis. Second, how big is a stalk of broccoli? And what the heck is a kumquat? Clearly this situation calls for a better approach. Enter . . . *A Dude's Guide to Baby Size*. • At week nine, your little shredder resembles the circumference of a guitar pick. • At week twenty-four, your budding jalapeño is the size of some concession-stand nachos. • By week thirty-four, your little lopper is now the size of a sixteen-

inch largemouth bass that weighs four to five pounds! This book is full of fun facts about your growing baby, advice on how to help Mom-to-be, as well as ideas and encouragement for you on your journey from Dude to Dude Dad. Buckle up for a wild ride full of maternity metaphors, gnarly playlists for all the special occasions, new parenting tales, dos and don'ts for expecting dads, and even an entire chapter dedicated to beef brisket! *The Expectant Father: The Ultimate Guide for Dads-*

*to-Be (Fifth Edition) (The New Father)* Penguin  
The Expectant Father is the best-selling pregnancy guide for men, trusted by millions of dads-to-be and their partners. This reassuring month-by-month overview gives you the facts and advice you need to understand your baby's development, support your partner, and prepare for the joys and challenges of fatherhood. It concludes with two special sections: one on labor and delivery, and the other covering the first few months after

your baby's arrival. The fifth edition of this New York Times best seller is updated from cover to cover with the latest information about fertility, prenatal care, and delivery; work-life balance (including the lessons learned from COVID-19); financial planning; and much more. It incorporates the expertise of leading OB-GYNs and researchers, and the real-life experiences of hundreds of dads and moms. Illustrated throughout with stress-relieving cartoons, The

Expectant Father is a friendly, readable, and inclusive companion for all dads-to-be. (Moms will love it, too!)  
*The New Dad's Survival Guide* AuthorHouse  
Finally, a book designed to equip and energize new fathers and help reduce the stress on new mothers. This book not only provides great information for new dads, it helps them turn that information into great action. Each chapter concludes with a user-friendly to-do list to keep new dads involved and on

the right track. You will learn how to build a solid plan for fathering, improve yourself and your marriage, get your head, hands, and wallet in the game, prepare for and handle delivery like a pro, and make a smooth lifestyle transition with a baby at home. Special bonus features include a glossary with over 250 need to know terms, how-to section with 20 key topics from changing a diaper to cleaning a house fast, and extra pages for note taking, lists, favorite names, and more. This is

your father/husband handbook. Let it help guide you on your family building journey!

**The First-Time Dad's Roadmap to Pregnancy and Parenthood** WW

Norton

"The Expectant Father: An Authentic Guide for Dads And Dads-To-Be"

"Discover the journey of fatherhood like never before!" In this passionate and practical guide, expecting fathers embark on a remarkable journey that goes beyond sleepless nights and diaper changes. From

navigating pregnancy cravings to deciphering a baby's first screams, this book provides fathers with important skills for the most gratifying job of their lives. Inside, You will Find: Navigating Pregnancy: From morning sickness to nesting, discover how to be the ultimate partner during the nine transformonths. nths. Bonding with Baby: Discover the wonder of father-child relationships and make memories that lalifetime. time. Surviving Sleep Deprivation: Because coffee alone will

not suffice, learn the art of sleep (or thereof). Changing Diapers Like a Pro: No more fumbling with step-by-step instructions. Financial Planning: How do you balance infant costs with long-term goals? We have you covered. Embracing Vulnerability: Honest conversations about fears, pleasures, and the power of vulnerability. What makes this book stand out? "The Expectant Father" is more than simply a handbook; it is a celebration. It converts scared dads-to-be into

confident diaper-changing superheroes via comedy, empathy, and effective guidance. Whether you are a first-time father or an experienced parent, this handbook will have you saying, "Bring on the sleenights!" Note: Kindly click now on the "buy button" to start your journey as an expectant FATHER.

[Becoming a Dad](#) National Geographic Books  
First Time Dads! The Pregnancy Journey Just Got Easier And Less Confusing! I mean, if we're keeping it real, It's

not that hard for us guys. However, pregnancy can be scary and stressful. Well not for you because you are about to get this book! #YAY In this book I am going to give you tips and thoughts that no other book will give you. We're talking controversy, how to survive pregnancy brain, how not to be a dad-jerk and a touch of education. We're talking keep your head on a swivel type pregnancy info. You want to be a GREAT DAD right? You want to get this pregnancy thing right?

You don't want to make mistakes, right? Take it from a three time dad vet! If you read this book you are going to be a superstar during this 9 month pregnancy adventure. I wrote this book just for you! A lot of first time dad books are filled with a lot of sentences and reading and stuff. I didn't write one of those. Why? Because ain't nobody got time to read all that stuff. You've got... Doctor appointments to make. (Cover It In The Book) Pickle Flavored Ice Cream

To Pick Up. (Doesn't Exist But She Might Ask You To Go Get It Anyway) Prenatal Vitamins To Take. (You Should Take Them If You Are Trying To Get Pregnant) Hospital Overnight Bags To Prepare. (Go Over What Should Be In It In The Book) Baby Nursery To Prepare (Cribs, Baby Mattresses and Mobiles... Oh My!) Baby Layette Sets To Buy (Got A list Of All The Things You'll Need In Here) Basically...You've gotta get ready to have a baby! Don't worry my friend. I got you covered.

It's all in here 10 minute easy to read weekly sections. Plus, like I said, we go over some controversial topics. Being an African American dad there are some things that I discovered about this pregnancy thang that ALL you dads should know. All I'm gonna say is that "It can get crazy out here in these pregnancy streets!" #realtalk Story about that in here just for you! Basically, If this is your first time doing this pregnancy thing this book is your go to. Expectant Fathers who are looking

for information on how to get pregnant will find some great information up in here...up in here! I even talk about how we used science to determine the gender of all three of our kids. (We went 3-0 on the gender thing with this scientific method!) Plus...I put in a section on how to navigate the first two months after the baby gets here. I'm telling you bro THIS BOOK IS HOT FIRE! I even added advice from about TEN or so other moms and dads on what to expect and how to be a success during

this pregnancy journey! We literally covered it all! ★CLICK THE ORDER BUTTON AND GET READY TO LAUGH, BE A LITTLE SHOCKED AND BE A LOTTA PREPARED.★  
**A Dude's Guide to Baby Size** Random House For every father-to-be wondering about life with baby, comes Todd Barrett Lieman's witty ABCs for Expectant Dads. This Go-To Guide for Guys™ includes more than 100 pages of point-blank information from the intriguing APGAR score to all the ZZzzzzs that Dad

won't be getting after baby is born! ABCs for Expectant Dads tells the special guy in your life what's what with fatherhood, from that life-changing, line on the stick moment to baby's first sippy cup. Says Lieman: It's the ultimate A-Z guide for new dads, as they wade their way through some VERY unfamiliar waters. Lieman, a veteran writer and new dad, pulls no punches with bright, informative entries like: Diapers: How can something that seems so harmless be so . . . Not

harmless? Fear: Holy moly, you have a kid! What the heck were you thinking? iPod: The labor process can take hours upon hours and hours upon hours. It can take days. So it's important to have some music in the birth room. Jealousy: You are gonna feel it. You'll be jealous of your kid. You'll be jealous of your partner. You'll be jealous of your friends that don't have kids. You'll be jealous of the 18-year-old kid down the street with the hot girlfriend. Layette: An expensive French name

for stuff your baby needs ... Maternity Clothes: Repeat this phrase, Honey, you look awesome in that outfit. Baby Monitors: Watching and listening to your kid will become an addiction, but is potentially good practice for when she is a teenager and has a boy in the house. Opportunity Weight: You get to order whatever you want and/or finish what she doesn't. It's great fun! Poop: It's what you fear most. Strollers: Shopping for a stroller is like shopping for a car . . . It's the first

thing you'll notice when another family strolls by. You'll whisper with envy if they have a more expensive model, and you'll silently mock them if they have the cheap equivalent. Ultrasound: A serious reality check. Wife (if applicable) : After this experience, if you don't think she's the most amazing person on the planet, you should be shot.

*A Pregnancy Roadmap for First-Time Moms and Dads*  
Newcommunicationline  
An indispensable handbook on all aspects



of fatherhood during the first 12 months, by the author of *The Expectant Father*. The essential handbook for all things first-year father is now fully updated and revised. Not only will new dads get a month-by-month guide to their baby's development, men reading *The New Father* will learn how they change, grow, and develop over the first twelve months of fatherhood. In each chapter, Brott focuses on *What's Going On with the Baby*; *What You're Going*

*Through*; *What's Going On with Your Partner*; *You and Your Baby*; *Family Matters*; and more. The latest research, as well as time-honored wisdom—and humor, thanks to New Yorker cartoons and Brott's light touch—make *The New Father* indispensable for the modern father who doesn't want to miss a moment of his child's first year. What's new? • How technology is changing fatherhood • Changing definitions of fatherhood • Changes in the way society deals with

dads—from changing tables in public men's rooms to workplace flexibility • Research proving that a father's love is just as important as a mother's • How being an involved dad rewires a man's brain • How changes in women's roles in the family affect dads and their roles • Special concerns for: young dads, older dads, at-home dads, unmarried dads, dads in same-sex couples, dads in blended families, dads of kids with special needs, and men who became dads with

the help of technology • The special impact dads have on girls and boys • Specific strategies dads can use to get—and stay—involved in their children’s lives • Updated resources for new fathers Not to mention new research and information on: • How to understand what your baby is telling you • Babies’ amazing abilities • Baby massage-- they love it! • The latest on vaccinations and healthcare • And much, much more  
[What's Your Pregnant Man Thinking?](#) National

Geographic Books  
 The Expectant Father Ultimate Guide This comprehensive and essential book is designed to be the ultimate companion for dads-to-be, providing a wealth of practical advice, emotional support, and invaluable insights.  
 Benefits: - Comprehensive and practical advice for expectant fathers, covering all stages of pregnancy and beyond. - Emotional support and guidance to navigate the rollercoaster of emotions that come with becoming

a dad. - Expert tips on preparing for childbirth, from creating a birth plan to being an active and supportive birth partner. - Insights on newborn care, bonding with your baby, and fostering a strong parent-child relationship. - Strategies for maintaining a healthy relationship with your partner during this transformative time. - Empowering you to confidently embrace the challenges and joys of fatherhood. Prepare yourself for the incredible journey of fatherhood! Don't miss out on this

essential guide that will equip you with the knowledge and support you need to thrive as an expectant father. Grab your copy of 'The Expectant Father Ultimate Guide' now and embark on the most rewarding adventure of your life!

*The Expectant Dad's Roadmap* National Geographic Books

You read the pregnancy books, the nine months flew by without a hitch, the birth was brilliant and your healthy baby arrived on schedule. Job done, right? Often, the birth of

your baby can feel like the end of the journey but really the adventure has only just begun. If you look down at you-junior, heart swelling with pride, then think 'What now?', this book is for you. In this essential guide for new dads, Rob Kemp - the bestselling author of *The Expectant Dad's Survival Guide* - reveals what to expect in the first 18 months, arming you with the tools you need to be a fantastic dad. Covering everything from how to bond with your baby and support his development

to practical issues, such as how to manage your working arrangements and finances, this book gives new dads the confidence, skills and knowledge to enjoy fatherhood - and do a brilliant job of it.

Entertaining, informative, and packed full of expert advice, *The New Dad's Survival Guide* is the go-to guide for modern, hands-on dads.

**The Expectant Dad's Handbook** Sourcebooks, Inc.

Welcome to a world of boundless possibilities,

heartfelt connections, and unforgettable moments. In "World's Greatest Dad", you're invited to explore the incredible adventure that is fatherhood - from the moment you learn you're going to be a dad to the treasured years that follow. This comprehensive guide is your trusted companion, offering a roadmap to navigate the joys, challenges, and complexities of being the dad you've always aspired to be. Imagine diving into a book that not only equips you with practical

insights but also speaks directly to your heart. This guide features a treasure trove of chapters, each designed to guide you through different phases of the fatherhood journey. This book helps you in: Understanding Fertility and Conception: Delve into the intricate realm of fertility, conception, and the unique role you play in this miraculous process. Navigating Pregnancy with Your Partner: Learn how to be an unwavering support to your partner throughout the pregnancy journey,

from the first trimester to final preparations. The Newborn Phase: Discover the art of bringing your baby home, mastering diaper duty, and embracing the challenges and joys of early parenthood. Supporting Your Partner; Postpartum Wellness: Gain valuable insights into recognizing postpartum challenges, providing emotional support, and nurturing your relationship as new parents. Work-Life Balance: Find practical strategies to maintain a healthy work-life balance,

communicate with your employer, and manage your time as a dad. Navigate the world of budgeting, setting up college funds, and ensuring a secure future for your child. Parenting as a Team: Co-Parenting Strategies: Learn the art of effective communication, dividing responsibilities, and presenting a united front in parenting choices. Discipline and Behavioral Guidance: Discover positive discipline techniques, handle temper tantrums, and

foster respectful behavior. Building Lifelong Memories; Father-Child Bonding: Embrace the magic of creating traditions, sharing hobbies, and being a role model that your child will cherish forever. And because every dad deserves a touch of humor, "World's Greatest Dad" comes with a bonus - a collection of 50 dad jokes that are sure to make your little one giggle (and maybe even groan). Embrace this exceptional guide as your ally, your confidant, and

your source of inspiration. "World's Greatest Dad" isn't just a book; it's your ticket to embracing the incredible journey of fatherhood with confidence, love, and the unwavering commitment to become the best dad you can be. Welcome to the adventure that will shape a lifetime of cherished memories and unbreakable bonds. **What's Your Pregnant Man Thinking** Independently Published 2019 - The most up-to-date guide about fatherhood that will

encourage you with facts and humor. The word 'parenting' can cause all sorts of nightmares in your head right now, and if it is, congratulations. No seriously, congratulations! This means you're not an idiot and you are aware of the difficult task that lies ahead. Society often tells us dads that our job is to simply provide financial support and leave the caring part to our partners. Well, I'm here to tell you that this is utter nonsense! That whole spiel about how women are biologically attuned to

be more nurturing while men are better off running around chucking spears at things? Baloney! However, the news of having a baby is ten parts bliss but approximately a million parts terrifying and I can guarantee you that your partner has her nose deep in all sorts of books on how to get through the next 9 months and beyond. With this book you will: Learn about the health of your baby and partner Get a structured, month by month, overview of everything that's ahead of you Get

prepared practically and financially Learn how a pregnancy affects men physically and emotionally too (without feeling squeamish about it) Be a better partner and an awesome dad! The Expectant Dad's Roadmap is the most fun way to grow as a soon-to-be parent and your ticket to enjoy this magical time. Awaken the dad in you! *ABCs for Expectant Dads* Random House when you care for your child, you're doing so in ways only a dad can. You probably parent in a

different way from your partner, and adapting to your different parenting styles helps your baby learn social skills. From teething to weaning, nappies to nits, this easy-to-read guide is packed full of sound advice for new dads, written in Ben's inimitable style and with hilarious illustrations! Learn how to deal with unwanted visitors, tackle temper tantrums, and sort out preschool bullies, in the ultimate guide to fatherhood!

[Becoming a Dad](#)

[ReadHowYouWant.com](http://ReadHowYouWant.com)

A must-have baby shower gift for expectant dads! In this one-of-a-kind guide, dad, doula, and certified lactation counselor Brian Salmon and perinatal mental health and relationship expert Kirsten Brunner offer practical, modern-day survival tips for expectant dads and birth partners. Gone are the days when fathers would nervously pace the waiting room while their partners gave birth. Dads are participating in childbirth now more than ever before. However, if you're like many men,

you may feel unprepared, uncomfortable, or even unwelcome in the birth room. For you, this book offers battle-tested tips to help you get in the game and prepare for one of the most incredible adventures of your life. Based on the author's Rocking Dadschildbirth course, this book will teach you everything you need to know about supporting your partner through birth, breastfeeding, and beyond. In this guide, you'll discover pointers and advice you won't find

in any other childbirth or breastfeeding guide, including: A list of items to pack for the hospital that will help mom's labor go more smoothly Stealth communication skills that you can utilize during early labor to support mom and keep her in a positive state of mind How to write a birth plan that the labor and delivery nurses will

actually pay attention to What to say and do—and what not to say and do—when mom is in active labor and feeling all the feelings A detailed account of what to expect in the delivery room as a birth partner, and how to navigate the unknown terrains when things don't go as planned How to help mom achieve proper

nipple latch when she attempts breastfeeding for the first time Finally, and perhaps most importantly, you'll find tips for maintaining a strong relationship with your partner before, during, and after the birth so that you feel closer than ever when you launch into the wild yet wonderful world of parenthood.