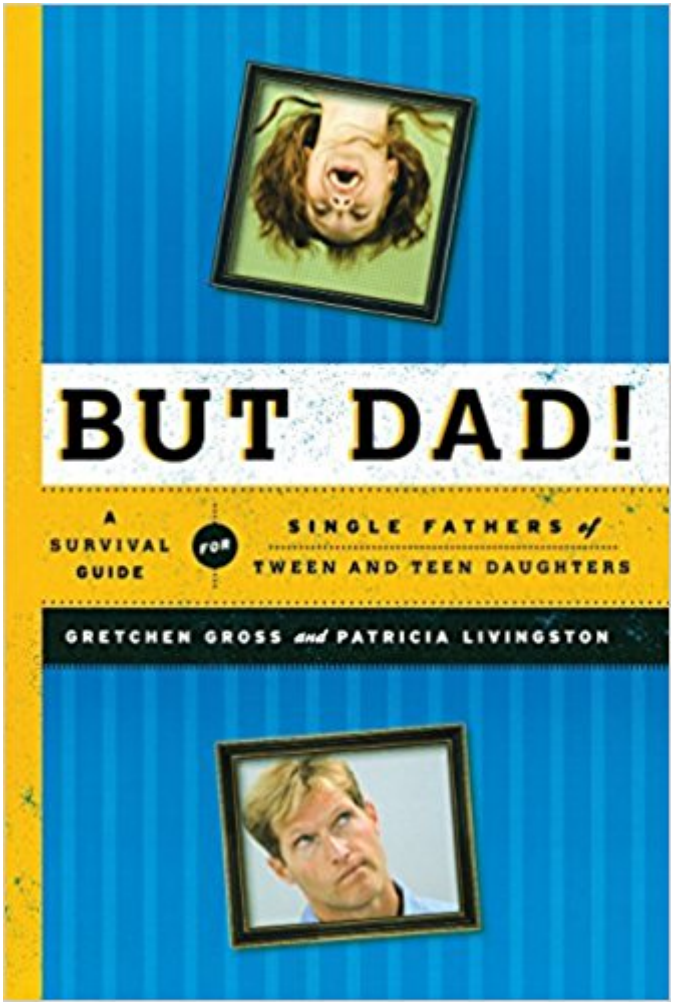
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But Dad!: A Survival Guide For Single Fathers Of Tween And Teen Daughters



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Synopsis

YouÃ¢â ¬â„¢re a smart guy. You read The Perfect Storm and now you find yourself living it. Your daughter, who yesterday was happy to hang out with you at Home Depot, now cries for no known reason. Last week you were her soccer coach and Ã¢â ¬Ëœthe best dad there ever was, really,Ã¢â ¬â„¢ and today on the way home from practice she turned away and stared sadly out the window and wouldnÃ¢â ¬â„¢t say a word to you. SheÃ¢â ¬â„¢s hovering around adolescence and all of a sudden youÃ¢â ¬â„¢re flopping on the daddy-deck in a panic. What the heck is about to happen and how are you going to get through this? How can you help her get through these difficult years when honestly, you donÃ¢â ¬â„¢t totally understand it yourself? If youÃ¢â ¬â„¢re a single dad, it can get all the more complicated. You might not know who or where to go to for the real deal, the inside scoop. When did her body start to change? Where the heck do you buy a training bra, and when? Do you have to take her or can you pay someone else to do it? What about dating? Or the girl clique thing youÃ¢â ¬â„¢ve heard about. CanÃ¢â ¬â„¢t you just ignore it and raise her just like you would a son, just like you were raised?This book is for any man raising a tween or teen daughter, but particularly the single man who does or doesnÃ¢â ¬â„¢t have full-time custody. This is the definitive guide to helping dad and daughter get past Ã¢â ¬Ëœsurviveâ ¬â„¢ and onto Ã¢â ¬Ëœthrive.Ã¢â ¬â„¢ Written for any man raising daughters, the authors geared this book for the single dad who may not have a woman in his life with whom to confer about issues their daughters may be facing like sex, friendships, boyfriends, alcohol and drugs, and personal hygiene. This book covers it all, from what to keep stocked in the bathroom to how to talk about sex without being blown off. The authors help dads gain a better sense of what their daughters are going through, how their bodies are changing, how their relationships are changing, and how best to handle the ups and downs of these challenging years.

Book Information

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Customer Reviews

Being a father to a tween or teenage daughter is hard, but it is far more difficult if you're going it alone. Whether rendered a one-man show by divorce, death, or deployment, single fathers face a slew of unique challenges when parenting adolescent girls. They must navigate issues like menstruation, female social development (including the great, dreaded D-word: Dating), the establishment of positive male role models, and more subtle issues, like negotiating new forms of father-daughter physical contact. In addition to these dad-and-daughter topics, the book also contains useful information on general parenting areas, such as fiscal responsibility and setting boundaries. Succinct, direct, and wide-ranging, this comprehensive volume never shies away from uncomfortable topics like anorexia and suicidal ideation. Gross (a single mother and lecturer on human relationships and sexuality at the University of Vermont) and Livingston (an RN) have done an excellent job of creating a thoughtful and readable parenting guide, without getting too preachy or maudlin. However, the authors warn that even if their guide works wonders, don't anticipate an overtly grateful daughter--rather, fathers should expect something along the lines of, "That book just looks stupid, DadÃ¢â ¬Â¦Don't think you'll find anything in that book that will work on me!" Rest assured, dads--you will. (Publishers Weekly)Gross and Livingston are single mothers who have raised daughters. So what qualifies them to write a book about single fathers raising daughters? Their expertise in being female and knowing all about cramps, cliques, makeup, hormones, and eating disorders. Also the fact that so few men have deep knowledge of or are comfortable with those subjects. Speaking from experience as mothers of daughters and as a relationships counselor and a nurse, respectively, the authors are very accessible and matter-of-fact on the challenges a single father is likely to face raising daughters. They note that there are many books addressing mother-daughter issues but very few on father-daughter issues. They explain tween and teen developmental issues and offer strategies for dealing with the particular challenges of raising daughters, whether the father is divorced or widowed. They cover training bras, boyfriends, feminine hygiene, sex, drugs, and alcohol as well as the challenges of developing new routines and traditions as families are reconfigured. A helpful resource for men who may be embarrassed to ask other women for advice on how to raise their daughters. (Booklist)Whether

through divorce, death, or adoption, we dads who find ourselves single-parenting young girls want to be the very best dads we can be. This no nonsense guide is like having a couple of older sistersÃ¢â ¬â •one a nurse and one a counselorÃ¢â ¬â •providing the keys to the mysterious and essential world of young and adolescent girls. From texting to tampons and bras to boundaries, these women have it covered. Your relationship with your daughter, and ultimately hers with the world, will be better for this easy and engaging read. (Tim Wile, MS, MHC, High School Guidance Director and single dad)This book, with its practical application and reader friendly guidance, will welcome a whole generation of fathers back into confident parent status with their daughters. Supportive and useful, this information will inspire and equip fathers with the tools they need to nurture (and even ENJOY!) their daughters on their often tricky paths to adulthood. (Robin Gould, M.A., M.F.T., Marriage and Family Therapist)Teenage girls can seem like aliens to fathers, and authors Gross and Livingston (Univ. of Vermont) here offer nuts-and-bolts help for everything from nurturing a relationship to choosing a maxi pad. Gearing their work toward the Ã¢â ¬Å“single dad who may not have a woman in his life with whom to confer about issues...such as sex, friendships, boyfriends, alcohol and drugs, and personal hygiene,Ã¢â ¬Â• the authors take a frank but encouraging approach. In general, they give good, solid advice on normal developmental changes in a reader-friendly format and include bullet lists that fathers can refer to with confidence, such as tips for stocking a bathroom. (Library Journal)

Gretchen Gross is a lecturer at University of Vermont, where she teaches courses on human relationships and sexuality. She is and a licensed clinical social worker with 25 years direct counseling, private practice, teaching and workshop and presentation experience. In her private practice she has counseled parents on issues related to divorce and parenting, communication, sexuality and child rearing. She is a contributing author on sexuality in Ã¢â ¬Å“GlassÃ¢â ¬â„¢s Office GynecologyÃ¢â ¬Â• and was on the review panel for the journal Ã¢â ¬Å“Women in TherapyÃ¢â ¬Â•. Each month, she contributes a column on life as a single mom called Ã¢â ¬Å“Solo ActÃ¢â ¬Â• to Vermont Woman. She has presented at national and international professional conferences on topics of reproductive decision making, substance abuse, physicians and stress management, and teaching health professionals to feel more comfortable talking with and assessing clients for sexual dysfunction.Patricia Livingston is a registered nurse with more than 25 years of direct clinical practice at the University of Vermont Student WomenÃ¢â ¬â„¢s Health Service. She has counseled hundreds of young women who are having their first gynecological exam, engaging them in the process while easing them through an important

Ã¢â ¬Ëœfirst.Ã¢â ¬â„¢ She has been the clinical preceptor to medical residents and nurse practitioner students. She has been a guest lecturer in classrooms, dorms, and sororities, and a founding member of the clinical team at UVM that established clinical protocol and policy for students identified with eating disorders.

This is nearly the only book out there with advice for single dads with teenage daughters. Having said that, it does an admirable job on a difficult topic. The authors generally assume that daughters want both their moms and dads in their lives. Regrettably that is not always the case in a difficult divorce. But the advice is solid and provides dads reassurance and capable guidance through what is often a painful process with few signposts to get through it all. I recommend this book.

Nice read, well thought of

I found this book to be loaded with insightful and contemporary wisdom. It addresses most of my concerns and does so in an honest and unpretentious manner. Well-written, easy to understand, frank, and witty. A MUST READ!!

Being a single father, this will be a great resource to help my daughter during these years.

Great guide!

Great, common sense advice, written in a way that keeps one’s interest - while not being condescending. Every father, as a matter of fact, any parent, would do well to read this book... If they taught parenting in school, this would be the textbook.

If you have daughters, or step daughters or if you love a woman with daughters, you’re going to need this book. There’s information in here that I would never have thought of, and I didn’t know I needed it. Thank God for this little book.

Funny while it hits the nail on the head. As a dad, I could learn about my daughters without having to ask anyone some of the more embarrassing questions. I generally want to find out information on my own, and But Dad! lets me do that.

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