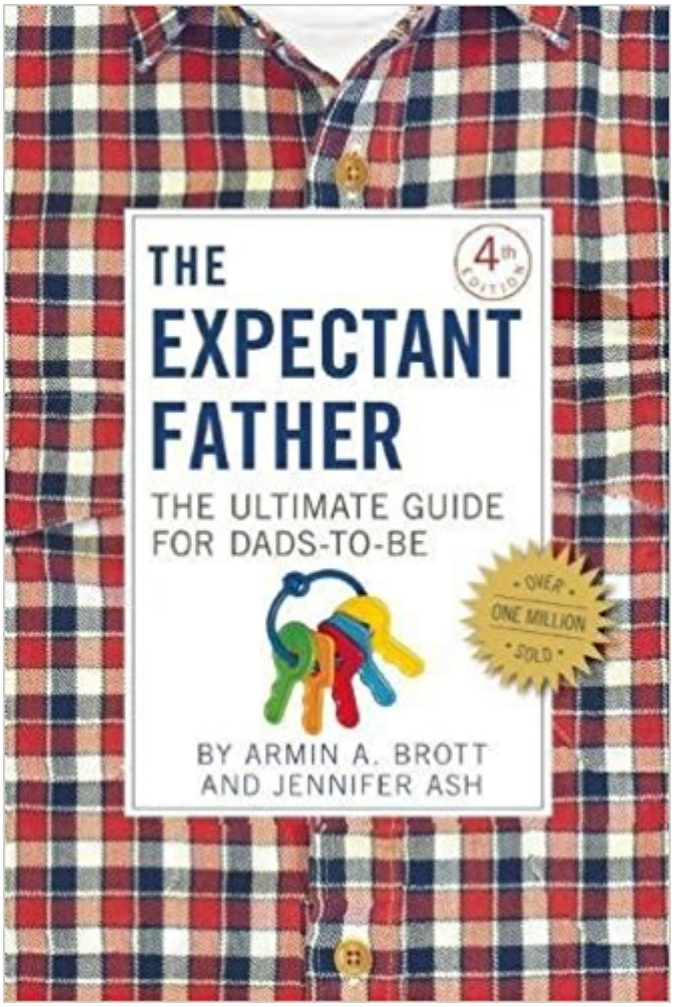
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The Expectant Father: The Ultimate Guide For Dads-to-Be (New Father Series)



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Synopsis

The fourth edition of this best-selling, ground-breaking, information-packed guide for dads-to-be is now significantly, updated, revised, and expanded. We are expecting! The twentieth-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 insight 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 partner understands and supports them during this anxious and exciting time, and that he has all the tools he needs to be a fantastic, hands-on dad. 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 BrottÃ¢â ¬â„¢s own experience as a father of three and from the real-world experiences of the thousands of dads heÃ¢â ¬â„¢s interviewed. With the humor of New Yorker cartoons and BrottÃ¢â ¬â„¢s gentle approach, The Expectant Father serves as a friendly and readable companion for dads-to-be seeking confidence, guidance, and joy! WhatÃ¢â ¬â„¢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• SocietyÃ¢â ¬â„¢s shifting expectations for dads• The amazing effects on children when fathers are active partners before birth• How pre-birth participation makes dads more likely to be active parents post-birth• 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?• Will I be able to handle labor and delivery while being there for my partner? What if something goes wrong?• How will this affect my relationship with my partner?• Will we ever have sex again?• What am I supposed to do with a new baby?• How can I be a good dad?• Will I ever see my friends again or have any time to myself?

Book Information

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Customer Reviews

Praise for The Expectant Father: "This is an essential book for all expectant fathers." — Publisher's Weekly "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 thatÃ¢â ¬â„¢s not dealt with here, all from the fatherÃ¢â ¬â„¢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 YouÃ¢â ¬â„¢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 "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." &mdash BabyCenter(dot)com Winner, 2005 Adding Wisdom award from Parent-to-Parent iParenting Media Award

Armin A. Brott is a nationally recognized parenting expert and author of AbbevilleÃ¢â ¬â„¢s New Father series, including: The New Father: A DadÃ¢â ¬â„¢s Guide to the First Year; Fathering Your Toddler: A DadÃ¢â ¬â„¢s Guide to the Second and Third Years; Fathering Yout 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,Ã¢â ¬Â• 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.

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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