



Dad's Guide to Pregnancy For Dummies

Roger Henderson, Matthew M. F. Miller, Sharon Perkins

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Practical, hands-on information for fathers-to-be

Dad's Guide to Pregnancy For Dummies is packed with practical, straightforward information for fathers-to-be, covering all of the logistical, physical, and emotional aspects of pregnancy from a dad's unique point of view.

When it comes to pregnancy, dads' roles have changed so much in the past few decades that expectant fathers don't always know where to turn to for guidance and advice on this milestone event. Now they do!

Dad's Guide to Pregnancy For Dummies covers:

- What to expect at doctor's visits
- Tips for being a supportive partner during pregnancy and preparing for fatherhood
- Advice on birth plans, labour and delivery, and the first days and weeks of a baby's life

Packed with helpful information on the typical struggles and feelings expectant fathers face, *Dad's Guide to Pregnancy For Dummies* gives first-time fathers and veteran dads alike a wealth of useful information.

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