

The Working Dad's Survival Guide: How To Succeed At Work And At Home

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!

David Caren delivers a long 'overdue' practical, straight-talking pregnancy guide for Irish expectant dads - all from a dad's perspective. Combining real-life experiences from a fraternity of Irish fathers, tried-and-tested tips and expert views.

A revealing look at stay-at-home fatherhood-for men, their families, and for American society It's a growing phenomenon among American families: fathers who cut back on paid work to focus on raising children. But what happens when dads stay home? What do stay-at-home fathers struggle with-and what do they rejoice in? How does taking up the mother's traditional role affect a father's relationship with his partner, children, and extended family? And what does stay-at-home fatherhood mean for the larger society? In chapters that alternate between large-scale analysis and intimate portraits of men and their families, journalist Jeremy Adam Smith traces the complications, myths, psychology, sociology, and history of a

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new set of social relationships with far-reaching implications. As the American economy faces its greatest crisis since the Great Depression, Smith reveals that many mothers today have the ability to support families and fathers are no longer narrowly defined by their ability to make money—they have the capacity to be caregivers as well. The result, Smith argues, is a startling evolutionary advance in the American family, one that will help families better survive the twenty-first century. As Smith explains, stay-at-home dads represent a logical culmination of fifty years of family change, from a time when the idea of men caring for children was literally inconceivable, to a new era when at-home dads are a small but growing part of the landscape. Their numbers and cultural importance will continue to rise—and Smith argues that they must rise, as the unstable, global, creative, technological economy makes flexible gender roles both more possible and more desirable. But the stories of real people form the heart of this book: couples from every part of the country and every walk of life. They range from working class to affluent, and they are black, white, Asian, and Latino. We meet Chien, who came to Kansas City as a refugee from the Vietnam War and today takes care of a growing family; Kent, a midwestern dad who nursed his son through life-threatening disabilities (and Kent's wife, Misun, who has never doubted for a moment that breadwinning is the best thing she can do for her family); Ta-Nehisi, a writer in Harlem who sees involved fatherhood as "the ultimate service to black people"; Michael, a gay stay-at-home dad in Oakland who enjoys a profoundly loving and egalitarian partnership with his husband; and many others. Through their stories, we discover that as America has evolved and diversified, so has fatherhood. From the Trade Paperback

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edition.

The Working Dad's Survival GuideHow to Succeed at Work
and at Home

Oh Boy, You're Having a Girl

Your Essential Manual for Being an Awesome Full-Time
Father

The Complete Guide to Succeeding on the Job, Staying True
to Yourself, and Raising Happy Kids

Lifespan

The Expectant Dad's Survival Guide: Pregnancy Books For
Dads

Stay-at-Home-Parent's Survival Guide

The Whole-Person Workplace

Drawing on the real-life experiences of working
mothers, this is a guide for mothers who need to know
how to juggle successfully their children and career.

An indispensable survival manual for men entering the
trenches of fatherhood, *Be Prepared* is loaded with one-
of-a-kind insights, MacGyver-esque tips and tricks, and
no-nonsense advice for mastering the first year as a
dad. Finally, a book that teaches men all the things they
really need to know about fatherhood...including how
to: -Change a baby at a packed sports stadium -Create a
decoy drawer full of old wallets, remote controls, and
cell phones to throw baby off the scent of your real gear
-Stay awake (or at least upright) at work -Babyproof a
hotel room in four minutes flat -Construct an
emergency diaper out of a towel, a sock, and duct tape
Packed with helpful diagrams and detailed instructions,
and delivered with a wry sense of humor, *Be Prepared* is
the ultimate guide for sleep-deprived, applesauce-

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covered fathers everywhere.

You May Be Single, But You 're Not Alone. Being a great dad is challenging enough when you 're part of a two-person team. But now you 're raising your kids single-handedly. How can you provide the emotional, physical, and spiritual support your children need, cover all the details of running a household, and still earn a living to support your family? Being a solo dad could easily be the toughest job of your life. The good news is you 're not alone. Inside this book you 'll find the support, advice, and encouragement you need to succeed. Here are practical solutions for everything you 're facing—from conflicting emotions to day-to-day time management. You 'll find useful pointers on a daughter 's unique needs, a son 's inner struggles, and even how to recruit trusted friends to pitch in. With plenty of humor and real-world insight, *The Single Dad 's Survival Guide* will show you how to expand on your natural, built-in abilities so you can come out on top as a parenting team of one.

- Find logistical help on everyday challenges, including finances, family schedules, household management, and staying on top of your work.
- Take advantage of practical guidance on everything from supporting and nurturing your kids to protecting your own emotional health.
- Learn how to get past anger, hurt, and fatigue to stand strong as the man your children need most—a man who provides security, stability, and spiritual guidance during one of the toughest times in their life. It 's all here to help you succeed as a solo dad. Single parenting takes everything you 've got—so learn how to give it your

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all.

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.

How Stay-at-Home Dads, Breadwinning Moms, and Shared Parenting Are Transforming the American Family

Working Mum

SINGLE DAD'S SURVIVAL GUIDE

You're Going to Be a Dad: Pregnancy Guide for Man

The Ultimate Stay-at-Home Dad

Dads Survival Guide to Small Children

A Baby's Guide to Surviving Dad

From buying buggies and cutting the cord to dealing with your wife's breastfeeding

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in public - the life of a first-time father will throw up new experiences every day. The Expectant Dad's Survival Guide tells you everything you need to know during

A NEW YORK TIMES BESTSELLER "Brilliant and enthralling."? -The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes:

"Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs-many from Dr. David Sinclair's own lab at Harvard-that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging

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and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it.

The *Enlightened Dad* presents a uniquely humorous approach to helping the new dad understand, and successfully deal with, the insanity that is fatherhood. *Childbirth! Children!* And all the associated madness, bodily fluids, and emotional nonsense through the filter of a new dad. A person who up until this point had never been around small children, and had decided to throw himself into the idiocy of parenthood. *Dad's Survival Guide to Small Children* is a humor novel that

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follows a stereotypical man's account of raising kids. It begins at pre-birth, and ends with two children starting school, while providing tips, and hints along the way. The stuff that no one ever told you about kids. A light hearted read providing the essentials of fatherhood.

A Dad's Survival Guide to Raising Daughters

All you need to know about pregnancy, birth and beyond

The Desperate Dad's Survival Guide

The Survival Guide

Everything You Need to Know

For Re-Connecting With Kids and Moving on With Life After Divorce

But Dad!

Are you a dad of a toddler? You will most certainly identify with everything written here! This funny and honest book talks about what it's really like being a dad. It brings together the most challenging, tiring, hilarious, and exciting situations in a parent's life! It's the BEST gift you can get yourself (if you're a Daddy), or for your partner (if you're a Mommy)! What must be included in dad basic training? What did you swear you would never do as a dad - and ended up doing exactly that? What always happens to dads on vacations with the kids? Which dads deserve a medal, and for what exactly? Your life before and after kids... the evolution of parenting - from new dad to veteran dad... things you wish someone

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told you before you had a baby... questions only dads ask... things only dads do... statistics, facts of life, tips, and notes to self. All the signs you've finally turned into your father... and much, much more! This must-read book was written for every dad who wants to survive his first years as a father without losing his sanity, and for any mom who wants to infuse this stage of parenthood with humor and laughter! 10 reasons to read this book: 1. It's real. 2. It's funny. 3. It's not expensive. 4. It's perfect for you. 5. It's a must read for dads. 6. The illustrations are amazing. 7. Your partner will also love it. 8. It's sensitive, but in a manly way. 9. There are practical tips for you inside. 10. It'll make you realize that you're not alone.

*The champion of all guides for soon-to-be dad's of all ages! In a world full of information, how do you find out everything you need to know about conception, pregnancy, and infancy all in one place? In *You're Going To Be A Dad: Pregnancy Guide For Men*, all fathers-to-be will learn how their children develop in the womb, what each month of pregnancy entails for their unborn child, and what steps they can take to foster a healthy and loving environment for their child. Finally, an easy-to-read book that guides you in all the things they really need to know about fatherhood. Not only will this in-depth guide offer a wealth of scientific and thoroughly researched information, but also include first-hand tips compiled from dozens of fathers across the world. Within these pages, you'll find facts, debates, and*

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research you need to know in order to welcome your newborn baby with nothing but happiness. From nursery furniture to bottle-feeding, this essential guide will walk you through all the peaks and valleys that fatherhood has to offer, such as: The logistics of having a child in view of the big event Month by month notions-- from the pregnancy test to when the baby will be at home, and information on what to expect and what needs to be done All the do's and don'ts of planning a family with your amazing partner Physical intimacy during pregnancy Tips to go through the period of pregnancy without stress and with serenity Practical ideas on how to manage the first months of your baby's life What steps to take at work to ensure a smooth transition into fatherhood How to engage in self-care for fathers, to keep fit mentally and physically and communicate easily with your partner How to turn this period into one of the most beautiful of your life and not into a time of stress and confusion ... and Much more! Everything will serve to become an excellent first-time dad, not perfect but able to deal with practical daily problems with empathy and confidence. Congratulations on the start of your new journey through all the mountainous terrain that is fatherhood. No matter what comes your way, the importance is to be prepared and sure of your success. The beginning of your family starts here with You're Going To Be A Dad: Pregnancy Guide For Men.

Bestselling parenting author Rob Kemp (The Expectant Dad's Survival Guide) delivers the ultimate guide to

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navigating your child's life milestones (0 months to 50 years) and offers advice on how fathers can best play a lasting, impactful or at least vaguely useful role in it. Kids don't come with an instruction manual. (Not that most men would read one if they did). Instead they're shaped by life-forming milestones and learn-as-they-go mistakes which you, as modern, responsible fathers must be there to help them deal with, solve or at least advise upon pretty much from their birth until you've drawn your last breath. This book will give you a head's up on all the defining moments you are guaranteed to experience as a parent. It'll warn you when your life is going to take a change of course, how your child is going to influence the choices you make and give you some practical, knowing, sanity saving methods of dealing with them. Each moment is headlined with a common scenario that dads have encountered down through generations – but will still come as a shock to you for the first time. And for every milestone moment, landmark action or parenting task to perform there's a sound advice and strategic solutions to help you cope and even discover the purported 'joys' of parenthood...

A entertaining and informative handbook for new dads offers valuable advice on how to deal with the unnerving, often baffling experience of fatherhood, with helpful chapters that cover such useful skills as "How to Use the Baby to Get Away with Just About Anything" and "How to Make Sure Baby Says 'Daddy' First. Original. 20,000 first printing.

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Mission: Baby - Dad's Survival Guide to Baby's First Year [Color Edition]

The Daddy Shift

The Autism Mom's Survival Guide (for Dads, too!)

A Survival Guide for Single Fathers of Tween and Teen Daughters

Building Better Workplaces Through Work-Life, Wellness, and Employee Support

Dadding It!

Tune In to Your Toddler's Mind (and Your Own) to Calm the Crazy and Make Family Fun Again

Hey Dad! Ever felt torn between advancing in your career and spending quality time with family? The Working Dad's Survival Guide is for you. The first book of its kind- the advice and encouragement you need to achieve success at work while ALSO being the involved, loving dad you always wanted to be. Written from the unique perspective of Scott Behson, a busy working dad who also happens to be a national expert in work-family issues, The Working Dad's Survival Guide is chock full of concrete time and life management strategies you can use right now.

Rules for Raising Little Girls "As the father of a daughter, I wish I'd read this very funny book sooner, if only to know that it's OK for a grown man to wear a tutu." - Dave Barry "Required reading for any parent who doesn't know pants from leggings." - Dan Zevin, author of Dan Gets a Minivan: Life at the Intersection of Dude and Dad

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It's easy to imagine how you'd raise a boy--all the golf outings, lawnmower lessons, and Little League championships you'd attend--but playing dad to a little princess may take some education. In *Oh Boy, You're Having a Girl*, Brian, a father of three girls, shares his tactics for surviving this new and glittery world. From baby dolls and bedtime rituals to potty training and dance recitals, he leads you through all the trials and tribulations you'll face as you're raising your daughter. He'll also show you how to navigate your way through tough situations, like making sure that she doesn't start dating until she's fifty. Complete with commandments for restroom trips and properly participating in a tea party, *Oh Boy, You're Having a Girl* will brace you for all those hours playing house--and psych you up for the awesomeness of raising a daughter who has you lovingly wrapped around her little finger. "Somehow, Brian Klems has taken one of the most traumatic situations known to a father--having a daughter--and made it into something so completely hilarious you'll laugh until you've got oxygen deprivation!" - W. Bruce Cameron, author of *8 Simple Rules for Dating My Teenage Daughter*

If you are the parent of a toddler or preschooler, chances are you know a thing or two about tantrums. While those epic meltdowns can certainly be part of "normal" toddler behavior, they are still maddening, stressful, and exhausting--for everyone involved. What can you do to keep your cool and help your child calm down? Rebecca

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Schrag Hershberg, child psychologist and mother of two, has a unique understanding of both the science behind tantrums and what works in the heat of the moment to nip blowups in the bud. With her customizable plan, you'll learn: *Why your toddler's developing brain is hardwired for "big emotions." *What you may be doing (unintentionally) to encourage outbursts. *Ways to use structure and routines to help your child feel secure. *How to reduce tantrums at tough times of day, from wake-up to bedtime. *Strategies for managing tantrums under difficult circumstances, from travel to moving to divorce. *Ways to deepen your parent – child connection--starting right now. "Hello, baby. The whole life thing is pretty new to you, right? Luckily, you have a dad. Unluckily, he's new to the whole being-your-daddy thing. So if you're going to survive, you need A Baby's guide to surviving Dad. A clever, quirky picture book you can't live without."--

The Expectant Dad's Handbook

Being A Dad

How to Succeed at Work and at Home

A Practical Handbook for New Dads

The Road

How to Feel Manly in a Minivan

Mission: Parenting - Dad's Survival Guide to the Toddler Years

Each year thousands of parents, yearning for more time with their children, put away their briefcases and laptops in favor

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of baby gear and Legos. Yet being home with the kids all day isn't easy! Some of us need a little extra help with the transition. The Stay-at-Home Parent Survival Guide not only helps Moms and Dads survive the occasional stressful day--something every parent experiences now and then--but also inspires them with new ideas for indoor and outdoor activities, great places to take the kids, starting a playgroup, building a support system, and keeping connected in the adult community. Even if you're a parenting pro, The Stay-at-Home Parent Survival Guide is a useful resource that offers unique ways to handle the day-to-day tasks of stay-at-home parenting, such as helpful tips for finishing the housework with the kids underfoot, meal and naptime strategies that work, skills for building a stronger marriage, managing your time effectively, beating the stay-at-home blues, and balancing household finances on a single income. In addition to the expertise of author Christina Baglivi Tinglof and other stay-at-home parents, The Survival Guide includes valuable insights from a variety of experts, including: Kathy Kristof, syndicated columnist, on how to set and reach financial goals Arlene Rossen Cardozo, author of Sequencing, on the

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evolution of the stay-at-home mom Dr. Sylvia Rimm, "Today" show parenting expert, on positive discipline Dr. Brian Ray, president of the National Home Education Research Institute, on homeschooling Elaine St. James, author of Simplify Your Life with Kids, on just that Ellen Parlapiano and Patricia Cobe, authors of Mompreneurs, on starting your own business from home Christina Baglivi Tinglof is a stay-at-home mom of three young sons and the author of Double Duty: The Parents' Guide to Raising Twins. She and her family live in Los Angeles.

The Whole-Person Workplace helps you craft a custom-fit solution that will unlock your workplace's potential by valuing your employees as whole people.

Becoming a dad can be a daunting time – especially when most pregnancy and parenting information is targeted towards women. This exciting new book, from a leading expert in working with expectant dads, doesn't sideline or speak down to men. Instead it provides an array of targeted information to fully prepare men for their new roles – as both birth partners and fathers. The Expectant Dad's Handbook is a one-stop guide for men on their path to fatherhood. It provides practical answers to all the questions on

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the mind of a dad-to-be – from what to expect at each stage of pregnancy to how to cope with any worries and fears about becoming a dad. It also reveals unique insights into a dad's role during labour, showing key strategies for improving the birth. Both practical and accessible, this guide will provide all the information and advice fathers need for the journey ahead. Hey, Daddy. Welcome to the Parents Club! If you are a new dad, or will be one soon, this is the book for you! And if you are a new mom, this is the BEST gift for your partner! "Mission: Baby" is a funny, informative, and masculine guidebook for dads of infants, from birth to one year of age - the best guide for your first year as a dad! It focuses on five critical topics in your baby's life: food, sleep, diapers, illness, and games, and shares dozens of useful tips and tricks - all so that you, the new father, can succeed in the most important task you've ever been given - raising a baby! How to get the baby to fall asleep when you're REALLY desperate...? How to prepare the perfect bottle, and why it feels like planning a complex military operation...? Does the baby really need a wet-wipe warmer, and how much does it cost...? The complete guide to gadgets for babies... 5 things

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you should have known before having a child... How to feed, clean, and play with your baby...? What is this infamous "gas," and how can you deal with it...? And most importantly: will you ever have sex again??? This is a must-read for every man who's about to become a father (or has just become one), and for every woman who wants to survive the first year of parenting without her partner running away (or hiding for days in the bathroom).

The Irish Dad's Survival Guide to
Pregnancy [& Beyond]

HBR Working Parents Series Collection (3
Books) (HBR Working Parents Series)

What to Expect in the First Year and
Beyond

The Single Dad's Survival Guide

A Real Man's Survival Guide for the First
Years of Fatherhood

Dad's Survival Guide to Babies

How to Get (Both of You) Through the Next
9 Months

Given the daily challenges of raising a child with autism, it's easy for parents to lose themselves and for their overall quality of life to plummet. Susan Senator interweaves the voices of autism parents, researchers, and professionals to offer guidance and encouragement on how to find happiness and fulfillment in the midst of the struggles of raising an autistic child. Topics include: how to handle feelings of despair and

hopelessness; finding fun, even during turbulent times; caring for your marriage; and finding a balance between accepting your child as he or she is and seeking new treatments. To learn more about the author, visit her website at susansenator.com.

*Tips, stories, and strategies for the job that never ends. When it comes to being a working parent, there are no right answers to the tough questions you grapple with, from how to get your toddler out the door to supporting your teen through struggles with their peers to whether or not to accept that big promotion—and the extensive travel and long hours that come with it. But there are answers that are right for you and your family. The HBR Working Parents Series Collection assembles the ideas and strategies you need to help you get ahead—and get through the day. Included in this set are *Managing Your Career*, *Getting It All Done*, and *Taking Care of Yourself*. This compilation offers insights and practical advice from world-class experts on the topics that matter most to working parents including making decisions at home and at work that align with your priorities; navigating tradeoffs—and managing the feelings that come with them; developing strategies for managing both the details of your day and the long-term view of your career; finding time for personal development; and making career choices that work for you—and your family. The HBR Working Parents Series with Daisy Dowling, Series Editor, supports readers as you anticipate*

challenges, learn how to advocate for yourself more effectively, juggle your impossible schedule, and find fulfillment at home and at work. Whether you're up with a newborn or planning the future with your teen, you'll find the practical tips, strategies, and research you need to make working parenthood work for you. A light and accessible guide for expectant dads which offers an honest and modern account of pregnancy from a dad's perspective. Combining real-life experiences from a fraternity of Irish fathers and an expert panel of midwives, obstetricians, psychologists and family finance advisors, The Irish Dad's Survival Guide to Pregnancy [& Beyond...] will accompany the expectant Dad throughout each trimester, mood change, the labour ward and those first few months of new family life. Includes technical, legal, medical and support issues. Entitlements, including paternity leave. Full of guidance from midwives, obstetricians and psychologists. Deals with the financial impact of becoming a father. Contains sections of advice from experienced fathers.

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.

The New Dad's Survival Guide

The Expectant Dad's Survival Guide

Man-to-Man Advice for First-Time Fathers

Workparent

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The Enlightened Dad

Be Prepared

Ultimate Dad's Survival Guide

Working fathers face a unique set of challenges. Balancing careers and parenthood can often feel overwhelming. This book is for dads by dads, everything in here is related back to you the dad. This is not a book about bringing up children, this is not about how to potty train toddlers, this book is one hundred percent for you, the dad, or the dad-to-be. This book gives you the techniques and methods to earn more money, have more time to spend with your child, and how to make sure you all enjoy your quality time together. 'Working Dad' gives you techniques to analyze how your current choices around work-life balance are contributing to your lifestyles and how to identify those that empower you and those that drain away from your energy, time, and money. Through these techniques, you will be able to dictate the work-life balance that you want.

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

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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.

A practical guide for modern-day parenting geared towards stay-at-home dads, offering advice on everything from learning to cook and clean with children, to dealing with mental health and relationships, with the easygoing perspective that dads can use their natural talents to parent any way that they choose. The Ultimate Stay-at-Home Dad manual takes the best advice and wisdom from a dads' group, and puts it into a format to help new stay-at-home fathers. Characterized by actionable and direct advice to fathers, the book takes on parenting from a father's point of view and encourages dads to use their natural talents to become a better parent. That advice is further bolstered by an additional 57 other dads who also give advice. All this advice is framed by the author's personal stories, which help the reader connect with the content and drives the advice home. This is a book that takes on day-to-day parenting, not just as a stay-at-home dad--working fathers could benefit from this book as much as at-home dads.

NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast,

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although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation.

The Tantrum Survival Guide

The Essential First-Time Dad's Survival Guide: Tips for Becoming a New Father, Being Prepared in the Whole Nine Months, the First Year, and Beyond

The Irish Dad's Survival Guide to Pregnancy and Beyond
Essential Books For Working Dads, From People Who Get It: How To Work Parents Manage
Dude, You're Gonna Be a Dad!

The Working Dad's Survival Guide

Recently or currently going through a divorce? The only thing worse than divorce is death and many times a divorce feels worse, especially when there are kids involved. This is a book of resources for the single dad.

New updated edition. Congratulations, you're having a baby. Yes, that's right, you're expecting too! David Caren delivers a long 'overdue' practical, straight-

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talking pregnancy guide for Irish expectant dads - all from a dad's perspective. Combining real-life experiences from a fraternity of Irish fathers, tried-and-tested tips and expert views, with highlights including: Testing, Testing: Scans and Checks What's Up, Doc? Monitoring Mum Prams, Trams & Automobiles: Choosing the Right Wheels Lights, Camera (Maybe?), ACTION: The Delivery Gone with the Sleep: Surviving Sleep Deprivation Accessible, entertaining, reassuring - everything an expectant and new dad needs to know! Fully reviewed and updated. Congratulations, you're having a baby. Yes, that's right, you're expecting too! David Caren delivers a long 'overdue' practical, straight-talking pregnancy guide for Irish expectant dads - all from a dad's perspective. Combining real-life experiences from a fraternity of Irish fathers, tried-and-tested tips and expert views, with highlights including: Testing, Testing: Scans and Checks What's Up, Doc? Monitoring Mum Prams, Trams & Automobiles: Choosing the Right Wheels Lights, Camera (Maybe?), ACTION: The Delivery Gone with the Sleep: Surviving Sleep Deprivation Accessible, entertaining, reassuring - everything an expectant and new dad needs to know! Fully reviewed and updated.

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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!

*Landmark Moments in Your Life as a Father... and How to Survive Them
Creating a Balanced and Happy Life While Raising a Child with Autism*

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Why We Age—and Why We Don't Have To
How to Succeed as a One-Man Parenting Team
The Bad Dad's Survival Guide

A new baby's arrival demands a dad give up sports, lose sleep, operate diapers, placate his wife, and protect his coveted material possessions. But all is not lost! For newcomers to fatherhood, *Dad's Survival Guide to Babies* provides dads a light-hearted perspective on their parenting careers. With finesse, author Hunter S. Fulghum details what equipment—and attitudes—dads need to prepare for and survive their children's development from harmless (albeit noisy and needful) infants to irritable teens. Fulghum's book is an uproarious instruction manual for novice dads that even experienced fathers will find useful and funny. Fulghum's quick-witted insight eases dads from frightened lumps of nerves to nurturing and loving parents—with a hard-nosed edge that earns them the right to say "I told you so" when their children start families of their own.

An all-in-one resource for every working mother and father. Sure, there

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are plenty of parenting books out there. But as working moms and dads, we've never had a trusted, go-to guide all our own—one that coaches us on how to do well at work, be the loving and engaged parents we want to be, and remain true to ourselves in the process. Enter Workparent. Whether you're planning a family, pushing for promotion during your kids' teenage years, or at any phase in between, Workparent provides all the advice and assurance you'll need to combine children and career in your own, authentic way. Whatever your field or family structure, you'll learn how to:

- Find a childcare arrangement you fully trust
- Build a strong support team, at home and on the job
- Advocate for advancement—and flexibility
- Step up at work while keeping your family healthy and whole
- Tame guilt, self-doubt, worry, and other difficult emotions
- Navigate big transitions: the return from leave, a promotion or job change, or the arrival of a second child
- Manage day-to-day pressures, like scheduling, mealtimes, homework, and more
- Find—and really use—time off
- Feel more capable,

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calm, and in control Written by Daisy Dowling, a top executive coach, talent expert, and working mom, Workparent answers all of your questions and feels like a good talk with your favorite mentor. Finally, the handbook you need to thrive as a working parent. Offers humorous advice for fathers of daughters including such topics as restroom trips and properly participating in a tea party.