

The Working Dads Survival Guide How To Succeed At Work And At Home

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.

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.

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.

From buying buggies and cutting the cord to dealing with your wife's breastfeeding 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 your partner's pregnancy and the first few weeks of your new life as a dad. Combining expert advice from midwives, psychologists and obstetricians with first-hand accounts, it explains what's happening with her, what's going on with your baby, and what the hell you should be doing every step of the way. With tips from those who know, what-to-do explanations and fascinating facts, this survival guide will ensure you're armed and ready for your role as a new father - from discovery to delivery and beyond. A must-read for all fathers-to-be.

This gift book for dads collects together 100 of the best quotes from the greatest coaches of all time, including John Wooden, Vince Lombardi, Tommy Lasorda, Phil Jackson, and many more, and then applies the lessons to fatherhood. Illustrated throughout with photos of famous coaches, with a foreword by Steve Young.

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!

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 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.

If you're an expectant father, there's a surprise around every corner... Dad's Expecting Too! is a witty and wise guide to everything you and your partner need to know about having a baby, and everything YOU need to know to support her through the process—from the moment you discover she's pregnant to the first night home with your newborn. Packed with humor and the best advice from experts and parents who have been there before, this must-have book offers essential tips, insights, and stories about the most exhilarating, intimidating, and awesome experience of your lives. This newly revised edition features updated health and safety information, new resources for adoptive fathers, ideas for celebrating with "dadchelor parties," and more. The First Few Weeks ?Telling friends and family; the first doctor appointments How the Baby Grows Track week-by-week developments ?Month-by-month pictures of a baby Expectant Moms and Dads 101 Happy, hormonal, nesting, and exhausted moms-to-be ?In-awe, on-call, scared, and "me too: dads-to-be Spoiling Your Partner ?Massages, gifts, and providing vital emotional support The Big Day: Labor and Delivery ?Everything you'll see, hear, do After the Baby Is Born ?Feedings, surviving the first few nights, and rekindling your love life

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. 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.

A clever take on all things baby 101, will have you outright laughing as you attempt to bathe, feed, and provide comfort to your newborn. This survival guide for dads is everything parents have secretly thought but hesitated to say with its hilarity and no-boundaries approach to live out loud and brighten your day.

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 physical properties of ultrasound, particularly its highly directional beam behaviour, and its complex interactions with human tissues, have led to its becoming a vitally important tool in both investigative and interventional medicine, and one that still has much exciting potential. This new edition of a well-received book treats the phenomenon of ultrasound in the context of medical and biological applications, systematically discussing fundamental physical principles and concepts. Rather than focusing on earlier treatments, based largely on the simplifications of geometrical acoustics, this book examines concepts of wave acoustics, introducing them in the very first chapter. Practical implications of these concepts are explored, first the generation and nature of acoustic fields, and then their formal descriptions and measurement. Real tissues attenuate and scatter ultrasound in ways that have interesting relationships to their physical chemistry, and the book includes coverage of these topics. Physical Principles of Medical Ultrasonics also includes critical accounts and discussions of the wide variety of diagnostic and investigative applications of ultrasound that are now becoming available in medicine and biology. The book also encompasses the biophysics of ultrasound, its practical applications to therapeutic and surgical objectives, and its implications in questions of hazards to both patient and operator.

"Edgerton is so, so funny. He captures the rainbows, cheap thrills, and irritating potholes of parenting with splendid understatement."--Library Journal (Starred Review) After three decades of being a father, Clyde Edgerton—with four kids ranging in age from six to 30—is supremely qualified to give tips to dads of all ages. His fathering advice, pre-birth through schooling, involves plenty of his trademark humor, but also sound guidance enhanced by his training and experience as an educator. Papa Edgerton suggests that on occasion a father might forego reading and just point to the pictures of dogs and cats in baby books, and also that he might place a blanket on the lawn, lie on his back with the whole family, and watch Sky Television. Edgerton's humorous and helpful counsel will guide new parents on interacting with in-laws and coping with sleep deprivation, while also providing strategies for recovery after you've cursed in front of a mimicking baby. "If you don't feel apprehensive just before your first child is to arrive, you are abnormal," writes Edgerton. Yet by way of his experience, observation, and imagination, he provides caution and pure joy in equal measure.

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 all.

"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 New Dad's Survival Guide What to Expect in the First Year and Beyond Random House

As a comedian and conservative thinker, whip-smart funny Tom Shillue grounds his ideas about our current culture and political climate in stories from his childhood — a portrait of growing up in 1970s America. Growing up as one of five kids in a devout Irish Catholic family in a small town outside of Boston, Tom sincerely believes that the rough-and-tumble, rules-dominated world in which he came of age was a better America—a time and place that made him into the well-adjusted, happy, successful man he is today. In *Mean Dads for a Better America*, Tom reminisces about his childhood, his family, and the traditional values he cherishes. He takes us back to a time when neighbors disciplined each other's children without fear of being sued, when kids made it to the family table for dinner, when parents' rules were gospel, when the occasional fistfight was considered a fair way to solve a problem, and when children were free to roam, make mistakes, and experience the first tastes of independence. Tom debates, debunks, and entertains with his hilarious approach to issues of the day, tackling the issues that confound many Americans, like our hypersensitive culture and overzealous parenting. As Tom celebrates the stability of family life and the sanity of days gone by, he encourages us to hold on to our sense of humor and look back at our own lives, as we work towards creating a better future for ourselves and our kids, all while making us laugh.

Change a diaper? Soothe a crying baby? Function on just a few hours of sleep? Anything moms can do, dads can do—with a little help! Becoming a father is a colossal event in a man's life. For nine months,

he thought about, worried about, and dreamed about his new child, and finally his little bundle of joy is here. So, now what? This all-in-one guide shows new dads how to: Bond with their new baby Interpret baby's cries Be supportive to their partner Handle the changes to their relationship and sex life Childproof the house Plus, this new edition features updated advice on safety issues like vaccinations, financial issues like health insurance and retirement, and cool high-tech gadgets to track and treasure each moment of their new baby's life. Complete with medical advice and practical information, this is the new dad's key to raising a happy and healthy baby.

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 supports readers as they anticipate challenges, learn how to advocate for themselves more effectively, juggle their impossible schedules, and find fulfillment at home and at work. From classic issues such as work-life balance and making time for yourself to thorny challenges such as managing an urgent family crisis and the impact of parenting on your career, this series features the practical tips, strategies, and research you need to be—and feel—more effective at home and at work. Whether you're up with a newborn or touring universities with your teen, we've got what you need to make working parenthood work for you.

Let me guess: your Facebook page is littered with baby studies and you're hearing "Having a baby changes everything" more often than "Having a baby is pure joy." The sad fact is that pregnancy has been turned into a cataclysmic medical emergency and parenthood's become an obstacle course of optimization. Music journalist Chris Kornelis has no patience for any of it. He didn't know the first thing about pregnancy when his wife gave him the good news, but he knew that the birth of a child should be a joyous occasion, not a minefield of stress and shame. *Rocking Fatherhood* provides a week-by-week guide to pregnancy for twenty-first century fathers, but unlike most pregnancy books, it doesn't address every scenario and statistic you and your lady could encounter in the next nine months. Rather, Chris encourages you to make decisions based on what you think is best for your family, not to conform to someone else's definition of ideal. To write the book, he mined his own time as an expectant pop and new dad, but he also solicited wisdom from doctors, scientists, songwriters, and the real rock stars' moms. His entertaining insights include: You don't need a book or birthing course (only a 3x5 card. Babies can't change everything. They can't even change themselves. Pregnancy sex can be great sex. Nobody else knows how they're going to make it work, either. Bottle or breast: you decide what's best.

A new dad's guide, from birth day to birthday. The pregnancy's over and the baby's here...what's a dad supposed to do? Put your other new dad books away--*We're Parents!* is going to help you be the best dad (and partner) you can be. Wondering how to burp your newborn? Not sure how to get them to try solids? Desperate to get them to sleep? Adrian Kulp (a four-time dad himself) offers fast, fun, and easy-to-digest advice that other new dad books don't, making it simple for you to step up and do your part as a brand-new dad. Go beyond most new dad books: Supportive and helpful--Get the scoop on what it's like to be a father from someone who's been there and knows exactly what you need to hear. Quick advice--Key childcare tips are broken into short, convenient guides--unlike other new dad books, there's no reading an entire textbook just to change a diaper. The big moments--Track your baby's development at a glance with charts that lay out the most important milestones in one place. Who needs other new dad books when you have the expert guidance of *We're Parents!* at hand?

What to Expect When You're Your Wife Is Expecting Pregnancy books for couples abound, but *You Got This, Dad* is just for guys. Aaron Sharp, a dad of four, draws from his experiences to help husbands, especially first-time dads, navigate the amazing, uncertain, and sometimes scary process of pregnancy and childbirth. With self-deprecating honesty, plenty of humor, and amusing asides from his lovely wife, Elaina, Aaron steers soon-to-be dads through the complex events and emotions surrounding pregnancy. From finding out their spouse is expecting to bringing baby home, husbands will be equipped to handle whatever the next nine months (or their wife) throws at them. Guys will receive not only practical guidance but also a better appreciation for God's miraculous gift of a new life to care for. When they know what to expect and how to support their wife, new dads will gain confidence and learn to laugh at their foibles. Give this guide to an expecting father with a reassuring smile and remind him, "You got this."

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.

Divorced Dad's Cooking Survival Guide by Jon Williams

The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, *The Fifth Trimester* is packed with honest, funny, and comforting advice from 800 moms, including: •The boss-approved way to ask for flextime (and more money!) •How to know if it's more than "just the baby blues" •How to pump breastmilk on an airplane (or, if you must, in a bathroom) •What military science knows about working through sleep deprivation •Your new sixty-second get-out-of-the-house beauty routine •How to turn your commute into a mini-therapy session •Your daycare tour or nanny interview, totally decoded

Essential Survival Tips Every Expectant Father of Twins Needs If you are an expectant twin dad wondering what your twin pregnancy and future holds, help is on the way... When you find out that you are expecting twins, you are in total shock. Your mind races with a million questions and you start to stress out about what to do to get ready. This guide will help you be prepared and ready to tackle life the next several months without having to wade through a lengthy book you don't have time to read. It is perfect for the expectant twin dad whether your twins are your first and second children or ninth and tenth. Read this guide and you'll uncover money-saving tips, understand your preparation options, and eliminate common surprises that accompany every twin pregnancy and the early days of newborn twins. Money and finances are some of the most common concerns of parents expecting twins. This book covers: answers to "How am I going to pay for all of this?" recommended twin supplies and gear: what you should get and what you don't need how to get cheap (and free) baby formula and supplies for your twins Having twins

isn't easy. When you know what to expect, things go a lot smoother. Get this book for: real-life twin dad experiences that you can learn from valuable mindsets to help conquer the overwhelm of twins brutal challenges twin dads must face happy things to look forward to nagging frustrations that you can minimize or avoid the reality of surviving the twin pregnancy Preparing your family is an essential part of preparing for twins. You'll see: how to prepare your kids for their twin siblings' arrival tips for keeping your marriage relationship solid preparations you must make for your newborn twins Being pregnant with twins is full of health risks and specialized medical care. Get a peak into what you could experience with your twins: navigating the logistics of prenatal twin visits and ultrasounds twin-to-twin transfusion syndrome (TTTS), preeclampsia, and other complications types of twins and what it means to your twin pregnancy how to survive bed rest during the twin pregnancy what to expect with a twin delivery delivering twins via c-section NICU time for your newborn twins After reading this guide, you'll be informed, cool, calm, and collected and ready for the challenge ahead. Implement my tips and you, your family, and home will be prepared for your twins' arrival. Scroll up, click the buy button & start getting ready for your twins today!

Being around assholes, whether at work or elsewhere, can damage performance and affect wellbeing- having one asshole in a team has been shown to reduce performance by 30 to 40 percent, and research shows that rudeness spreads like a common cold. In The Asshole Survival Guide, Stanford professor Robert Sutton offers practical advice on identifying and tackling any kind of asshole - based on research into groups from uncivil civil servants to French bus drivers, and 8,000 emails that he has received on asshole behaviour. With expertise and humour, he provides a cogent and methodical game-plan to fight back. First, he sets out the asshole audit, to find out what kind of asshole needs dealing with, and asshole detection strategies. Then he reveals field-tested, sometimes surprising techniques, from asshole avoidance and asshole taxes, to mind-tricks and the art of love bombing. Finally, he explains the dangers of asshole blindness - when the problem might be yours truly.

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-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.

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.

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.

Hey daddy to be, it takes a lot more than sticking out your chest and being a proud papa to become a good daddy. The Daddy Survival Guide is the first in the series to help the first time dad to be understand what is really expected of him, without all the fluff and touchy feely contents of most mom-to-be books. You need to understand the changes of the pregnancy phases, what you should be doing to prepare for this new baby and how to get yourself in gear for the road ahead. To make things a little more interesting, we added useful survival tips. Check out the other books in the series which covers the baby's first year, communication, education...

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-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 all.

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 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 edition.

Brott charts the physical, intellectual, verbal and emotional changes the child is going through, provides suggestions for activities suitable for each stage, and covers such issues as saving for a child's future and how to choose child care.

From the host of the YouTube channel that went viral—Dad, How Do I?—comes a book that's part memoir/part inspiration/part DIY. Rob Kenney's father left him and his seven siblings when he was fourteen years old, and the youngest had to fend for themselves. He wished that he had someone who could teach him the basics—how to tie a tie, jump-start a car, unclog a drain, use tools properly—as well as succeed in life. But he and his siblings had to figure these things out on their own. Now a father himself, Rob decided that he would help people out by providing how-to tips as well as advice—and even throw in some bad dad jokes. He started a YouTube channel for anyone looking for fatherly advice, and in the course of three months, gained a following of nearly 2.5 million subscribers, with millions of views for his how-to and inspirational videos. In this book, Rob shares his story of overcoming a difficult childhood with the strength of faith and family, and offers inspiration and hope. In addition, he provides 50 practical DIY instructions (30 of which will be unique to the book), illustrated with helpful line drawings.

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
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*

This indispensable book explores the emotional, financial, and even physical changes the father-to-be may experience during his partner's pregnancy. Written in an easy-to-absorb format and filled with sound advice and practical tips for men on such topics as how to make sense of your conflicting emotions, how pregnancy affects your sex life, and how to start a college fund, this volume reassures, commiserates, and informs. It also incorporates the wisdom of top experts in the field, from obstetricians and birth-class instructors to psychologists and sociologists. This new edition features the latest research on many topics, from the reasons for premature birth to nutritional supplements. The finances section has been updated; advice for expectant adoptive fathers has been added throughout; information for fathers expecting twins and other multiples is included; and the resources section and bibliography have been considerably expanded. Illustrated throughout with New Yorker-style cartoons that will make even the most anxious father chuckle, this book is the essential reference for all expectant couples.

[Copyright: 35cdc4fca00b108ffe3964891e1ac5a6](https://www.cdc.gov/35cdc4fca00b108ffe3964891e1ac5a6)