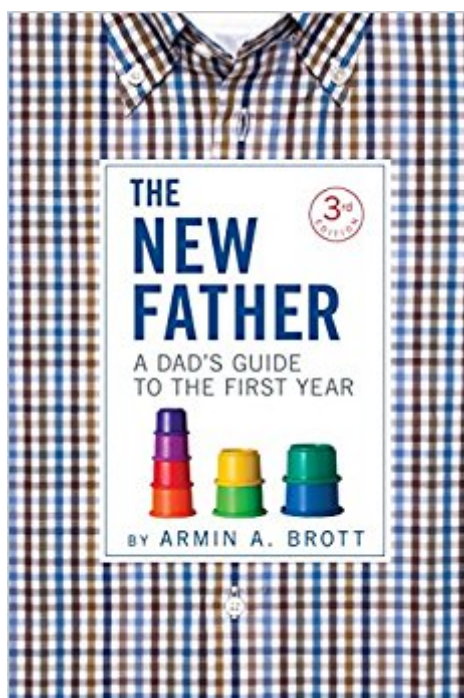


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# The New Father: A Dad's Guide To The First Year (New Father Series)



## Synopsis

An indispensable handbook on all aspects of fatherhood during the first 12 months, by the author of *The Expectant Father*. The essential handbook for all things first-year father is now fully updated and revised. Not only will new dads get a month-by-month guide to their baby's development, men reading *The New Father* will learn how they change, grow, and develop over the first twelve months of fatherhood. In each chapter, Brott focuses on *What's Going On with the Baby*; *What You're Going Through*; *What's Going On with Your Partner*; *You and Your Baby*; *Family Matters*; and more. The latest research, as well as time-honored wisdom--and humor, thanks to New Yorker cartoons and Brott's light touch--make *The New Father* indispensable for the modern father who doesn't want to miss a moment of his child's first year. What's new? How technology is changing fatherhood; Changing definitions of fatherhood; Changes in the way society deals with dads; from changing tables in public men's rooms to workplace flexibility; Research proving that a father's love is just as important as a mother's; How being an involved dad rewires a man's brain; How changes in women's roles in the family affect dads and their roles; Special concerns for: young dads, older dads, at-home dads, unmarried dads, dads in same-sex couples, dads in blended families, dads of kids with special needs, and men who became dads with the help of technology; The special impact dads have on girls and boys; Specific strategies dads can use to get and stay involved in their children's lives; Updated resources for new fathers Not to mention new research and information on: How to understand what your baby is telling you; Babies' amazing abilities; Baby massage--they love it!; The latest on vaccinations and healthcare; And much, much more

## Book Information

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## Customer Reviews

"In this third of his perfectly targeted book series for the modern dad, Brott demystifies child development ... and make[s] fathers... enjoy the vital role they play in their kids lives even more. A great addition to any parenthood library." [Child magazine](#); [Read a book? Who has time? But you'd be wise to find some so you can take advantage of a fabulous resource . . . The New Father.](#) [Sesame Street Parents](#); [This book would make a great gift for any new dad.](#) [Lawrence Kutner, Ph.D., columnist, Parents magazine](#)

Armin A. Brott has devoted the last 15 years to providing men with the tools, support, and knowledge to help them become the fathers they want to be and their families need them to be. His seven critically acclaimed books for fathers have sold well over a million copies. Titles include *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be* and *The Military Father: A Hands-on-Guide for Deployed Dads*. He has written on fatherhood for hundreds of newspapers and magazines and is a frequent guest on such television programs as the Today Show. He also writes a nationally syndicated newspaper column (Ask Mr. Dad), and hosts a syndicated radio show (Positive Parenting). He lives with his family in Oakland, California.

Finding a book for first-time dads that isn't a bro'd-out, lame joke-book with gags about staring at your partners breasts was staggeringly harder to find than I'd expected. I've read two of Brott's books - this one and it's series predecessor *The Expectant Father* and both are superb, down-to-earth, informed guides to give you calm peace of mind when the newborn arrives. If you actually want to learn and be spoken to like an adult rather than an overgrown child, this is the book (and series) for you.

Great book for a new dad. Put a lot of my worries at ease and thought me many useful things. Must have for any new dad. Talks about the whole process from a dads perspective.

A really nice month-by-month guide. Fun to read as baby grows. My husband really enjoyed reading

it and so did I!

We love this book so far- my husband and I are taking turns reading it, and we love how the author spells out the real day-to-day life and covers all the things we've wondered about. As a expectant mom, I've learned more from this book than any of the other pregnancy and new mom books I've been given, and will be giving this as a shower gift from now on. Definitely worth a read for both parents!

Good book. I read it when I had my daughter and liked it so much I gave my copy to a friend and sent another one to my brother when he was expecting his first kid. Easy read. Just have to stay one month ahead of your kid's age

My son in law liked the book and found it helpful

If you enjoyed The Expectant Father, then you will enjoy this one too. The author describes what your baby will be going through in the first year, month by month. And tips for taking care of him/her. An easy and enjoyable read. Informative and somehow helped to make me feel less and reminded me of the importance of my new role.

My hubby loved the Expectant Father book, so we got this for new fatherhood. We love how Mr. Brott actually gives specific info, statistics, techniques, and advice, whereas some new daddy books are just silly fluff about how to deal with your baby mama's hormones by chugging a beer, or freaking out over childbirth or poopy diapers. Brott is an MBA, so he is smart and approaches fatherhood with the research and practicality of an economist. If you want a fatherhood series that doesn't play to the lowest common denominator, this one is a great read. He covers everything from finances to breastfeeding to child development. My hubby commutes a lot, so he polished it off in the car. He would call me to tell me the interesting stuff he was learning, and I felt good knowing he was getting helpful info on my condition, challenges, and needs as a mom. It can be hard for new dads to respond when the mom tells him what he should know about pregnancy, childbirth, and motherhood, so hearing it from another guy who is smart and concerned about his family is very helpful and empowering.

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