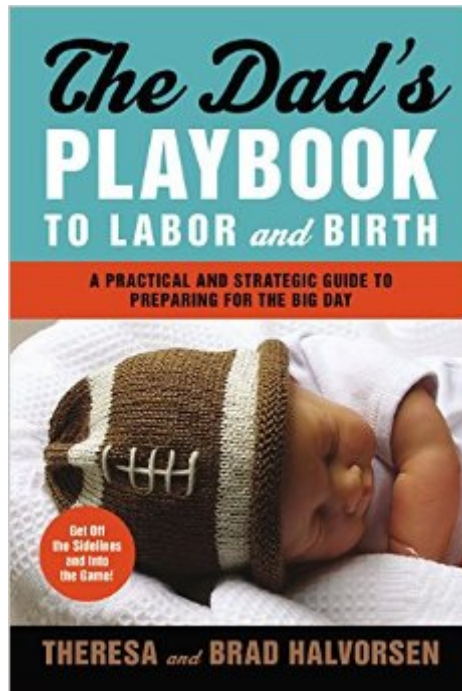


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# Dad's Playbook To Labor & Birth: A Practical And Strategic Guide To Preparing For The Big Day



## Synopsis

The Dad's Playbook to Labor and Birth is a basic guide for the man who wants to help his partner in labor but who doesn't want to study obstetrics or question a doctor's advice, and who may even feel uncomfortable about witnessing a normal birth. The book is written in a simple, straightforward manner and assumes that the reader is male and that the birth is taking place in a hospital--and that the mom will probably want an epidural. Its tone is lighthearted and often quite humorous. The chapters are arranged chronologically, from late pregnancy through the early postpartum period. Unusual features include advice on understanding a woman's needs by analyzing her personality and tips for the dad who is prone to fainting or nausea.

## Book Information

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## Customer Reviews

Perfect gift for Father's Day - which is any day a man hears he is about to become a Dad! Outstanding book for the new father - and even for repeat dads. You get the facts, but in a highly readable format that makes this an interesting and entertaining read. Information is logically presented, in clear specific language. Tools for communication with the mother-to-be, professionals, and interested bystanders are well presented in a usable format. No, it doesn't make you a health professional, but it does make it possible to communicate clearly with those in the medical profession and even more importantly, with your partner. Now down to specifics. Yes, it has the basic information on pre-labor, labor and delivery. But this book has much more - like what instruments may be used, the hows and whys of anesthesia, if this becomes necessary, preventing panic attacks ( Mom's AND Dad's!), dealing with panic attacks, C-section if it becomes necessary

and the Dad's role during that procedure. (No, it's not pacing in the waiting room - as the Dad's Playbook clearly states, the new father has an important role to play there!) Throughout is good advise on how to talk to your partner. I've had three babies with a caring, intelligent, compassionate, involved partner - and yes, there were times when even he didn't know what to say or do. If this book had been around then, we both would have benefited. There is a section on "What if Your Baby is Ugly." Not all babies would star in a fashion shoot their first few days - the reassuring words in this section will help both of you. What happens if your baby goes to the NICU (neonatal intensive care unit)? Read the section - it is well represented - and again I speak as an experienced Mom.

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