



# The Expectant Dad's Handbook

*Dean Beaumont*

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**The Expectant Dad's Handbook** Dean Beaumont

**A practical pregnancy and parenting guide for dads from a male antenatal educator**

Becoming a dad can be a daunting time, and 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. This is a one-stop guide for men on their path to fatherhood. It provides practical answers to all the questions on 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 father. It also reveals unique insights into a dad's role during labor, 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.

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