



The New Father

A Dad's Guide to the First Year

Armin A. Brott

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- An indispensable handbook on all aspects of fatherhood during the first 12 months
- The *New Father* series is trusted by millions of dads nationwide

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-honoured wisdom—and humour, 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

Armin A. Brott is the author of best-selling *New Father* series: *The Expectant Father*, *The New Father: A Dad's Guide to the First Year* and *The New Father: A Dad's Guide to the Toddler Years, 12-36 Months* (new edition available May 2019). He is also author of *The Military Father*, *Fathering Your School-Age Child*, and *The Single Father*, among others. A noted parenting expert, Brott has written on fatherhood for his blog MrDad.com and such leading publications as *The New York Times Magazine*, *Newsweek*, *Sports Illustrated* and *Parenting*. Host of 'Positive Parenting,' a weekly talk show, he lives with his family near San Francisco, California.

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