



The Dad's Playbook to Labor & Birth: A Practical and Strategic Guide to Preparing for the Big Day

Theresa Halvorsen, Brad Halvorsen

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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.

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