

[Free download] How to Be a Pregnant Father

How to Be a Pregnant Father

Peter Mayle

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Peter Mayle : How to Be a Pregnant Father before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Be a Pregnant Father:

0 of 0 people found the following review helpful. My husband had another book in this series as he ...By CKMy husband had another book in this series as he was growing up. This book was a nostalgic memory for him because of that, and he actually picked it up and read it.0 of 0 people found the following review helpful. Gift Idea for expectant dadBy maglillyI bought this for an expectant first time father. I paged through the book, the advice seemed practical .1 of 1 people found the following review helpful. OldBy BeauI would only recommend looking through this book just too see how dated it is and to marvel at how far we've come.The roles for men and women are shockingly extreme, almost sexist. It gives instructions on how to make a can of soup,for pete's sake. Were husbands in the 1970s really that helpless in the kitchen? The cooking instructions are as basicas they get, I think a 15 year old today would know these things. Also, some of the recipes sound gross, as other reviewershave said, and Tuna Chowder sounds like it would actually bring on morning sickness. As far as the text, it is basic,common sense information, like don't make scrambled eggs when your wife has morning sickness, outdated irrelevant information,like talk about the other fathers in the waiting room, making sure you have enough quarters for a pay phone, etc, and tons of corny lame humor as filler. It is so old and corny it annoyed me. An up to date, more comprehensive book on the subject is"The Expectant Father" by Armin A. Brott and Jennifer Ash. I would recommend looking through "How to Be..." only out ofcuriosity on how dated it is, not something to be taken seriously. Try to find it at the local library, don't spend money on it.A more entertaining look at the past is an episode of "Mad Men".

Bestselling author Peter Mayle shows expectant fathers everything they need to know about one of life's most exciting times. Included is advice that every father needs to know about the impending birth of his child, such as: tactics for the bathroom and the breakfast table, morning sickness, cravings, preserving his sex life, and helping his wife get back into shape.

From the Back Cover
Inside the Pregnant Father: The best way to start your pregnancy
Tactics for the bathroom and the breakfast table
A pocket-sized solution to the morning sickness problem
Coping with cravings
How to preserve your sex life
The Pregnant Father's Cookbook
Labor pains, true and false
A complete hospital survival kit
The nicest way of predicting your unborn baby's sex
How to cash in on triplets
Getting a birthday present from Uncle Sam
Three ways to help your wife get back in shape
About the Author
Peter Mayle spent fifteen years in the advertising business before escaping in 1975 to write books, including his bestselling *A Year in Provence* and *Toujours Provence*. His work has been translated into seventeen languages and he has contributed to a variety of newspapers and magazines. He lives with his wife in Provence.
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Introduction
Congratulations!
Unless you're reading this book under false pretenses, you have just become a pregnant father. Traditionally, this is a time in a man's life when he becomes a rather uneasy background figure, hovering on the fringes of the great event. From time to time, catalogs of baby's clothing and equipment may be thrust under his nose; or his opinion may occasionally be sought on the size and design of the crib or the baby carriage. But in between helping to conceive the child and giving out cigars at the other end of the process, very little attention has been paid to the man's side of pregnancy. And, most definitely, there is a man's side. For the first-time father, pregnancy can be puzzling, tiring and sometimes hurtful, and a frequent strain on the patience and the digestion. The most unsettling fact to face is that your dear, familiar wife will change. She will change not only in shape, but also in disposition. She will be subject to uncharacteristic moods and fancies, often following one another with confusing speed. She smiles, she weeps, she feels ravenous or bilious, she wants company, she wants solitude--all in the course of the same day and quite possibly even before lunchtime. You, sir, have months of this to cope with. Whether you have a good pregnancy or a miserable one depends largely on your attitude. If you're prepared to become a player in this nine-month event rather than just a spectator, you'll enjoy it. Furthermore, you'll make things a lot easier for your wife. This book is based on the assumption that you actually want to join in. And the best time to do that is at the very beginning. The most crucial period in setting the mood of your pregnancy is now; your behavior during these first few pregnant weeks is vital. This, unfortunately, is a problem. Because once the initial excitement has died down, the chances are that you'll start to worry. Can we afford it? Do we need somewhere bigger to live? Supposing it's twins? What happens to the vacations we've planned? Will we have to get rid of the sports car? Will we have to get rid of our sex life? Complications! Hospitals! Doctor's bills! Midnight feedings! No more lazy Sunday mornings! No more freedom! No more parties! Panic! Help! Calm down. These are the worries that beset almost every pregnant father, and you will find they can be resolved quite comfortably over the next nine months. In the meantime, your wife needs all the attention you can give her. She, after all, is trying to get used to the idea of carrying a small human being around inside her, which is an infinitely more unsettling experience than anything you think you're going through. So in the early stages, keep your neuroses to yourself. If you start worrying outloud, your wife's going to think you don't want the baby. And if she ever starts thinking that, you're both going to have a bad pregnancy. Of course, your wife may bring some of these things up herself. If she does, by all means talk them over with her. But if all she wants to do for the first couple of weeks of pregnancy is talk about the joys of parenthood, don't spoil it for her. You have nine months to sort out the practical details. A few days of dreaming about your genius offspring will do you both good....