



Help! I'm a Dad: All a new dad needs to know about the difficult first few months

Nick Harper

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With the population expanding at an alarming rate, it's time for all new dads to take their fair share of parental responsibility and step up to the plate - after all, the hard work's already been done! Becoming a dad is a daunting prospect at the best of times, but a first-time dad needs all the help he can get, and that's where Help! comes in. With a combination of expert advice from midwives, health visitors and other professionals, along with first-hand accounts from mums and dads who have been there already, Nick Harper has written a survival guide that will give all new dads the confidence and positivity they need to really enjoy their newfound status - and be brilliant new fathers and partners.

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