

# Contents

	<b>Acknowledgements</b>	<b>4</b>		
	<b>Foreword</b>	<b>4</b>		
	<b>How to get the best from your GP</b>	<b>5</b>		
	<b>Home medicine chest</b>	<b>7</b>		
<b>1</b>	<b>When and how to conceive</b>	<b>9</b>	<b>4</b>	<b>New routine</b> <b>73</b>
	Contraception			Life goes on
	Bloke's guide to pregnancy			Parental leave
	Timing is everything			At home
	Getting started			Dads have feelings too
	Positions for best chance of conception?			Cot death
	Impotence (erectile dysfunction)			Feeding
	How to get there			Sterilisers
	Technical specs for pregnancy			Nappies/diapers and skin care
	Artificial insemination and IVF			Teething
	Confirmation of pregnancy			Talking and bonding
	Mum's having a baby			Shopping
				Baby problems
				Child development
<b>2</b>	<b>Stages, monitoring and complications of pregnancy</b>	<b>35</b>	<b>5</b>	<b>Safety at home and on the move</b> <b>123</b>
	Pregnancy			Avoidable accidents
	Ectopic pregnancy			Child protection at home
	Eclampsia			Bath time
	Chicken pox			Moses baskets and cribs
	Infectious diseases			Baby bouncers
	Miscarriage			High chairs
	Amniocentesis			Playpens
	Ultrasound			Getting from A to B with baby intact
	Chorionic villus sampling (CVS)			
	Foetal heart monitoring			
	Spina bifida			
	Stillbirth			
	Assisted delivery			
<b>3</b>	<b>The birth and after</b>	<b>53</b>	<b>6</b>	<b>Childhood ailments</b> <b>143</b>
	Health professionals			General
	Changing GP/midwife			How to deal with an emergency
	Appointments			Is your baby really ill?
	Antenatal care & pain relief			Taking a young child to hospital
	The Big Push (labour & childbirth)			Antibiotics
	New baby			Digestion problems
	Circumcision			Breathing problems
	Immunisation			Skin problems
				Bones and joints
				Head
				Infectious diseases
				Miscellaneous
			<b>7</b>	<b>Reference</b> <b>187</b>
				The Apgar score
				Service record
				Contacts
				Credits

# Foreword



Given the paucity of baby books for dads we shouldn't have been surprised at the huge success of the Baby Manual first edition, but we were. All the plaudits said men would not be interested in a book on looking after offspring in their early dribbling years, let alone pregnancy or childbirth itself. Some hinted that this was *women's* business and showing full nappies and breastfeeding would simply turn men off. Well, the book sold in thousands showing that men as dads really *do* want to know how to cope with fatherhood. More to the point, men recognise that, through better understanding, the joy of being a dad far outweighs the worry and stress. So here is the second edition. It is bigger, better and, like a baby, learned from previous mistakes or omissions. Every comment sent in was taken into consideration. It's still directed primarily towards men as dads but many mums will find it useful as well. Although the information is reader-friendly we avoid patronising men; dads have their role to play and enjoy. There are brand-new sections, but the fun of having a baby, making sure they are safe, giving support for your partner and the iconic 'fault finding charts' are all still there and updated. So are the full nappies.

## Author's acknowledgements

It is now a few years since the first Baby Manual appeared on the shelves of not only bookshops but also car spare-part stores. My thanks to the hundreds of people who took time to kindly comment not only on its value but also which areas were missing or could be better dealt with. People from organisations such as Sure Start, the Men's Health Forum, the Family Planning Association, NHS Direct and the British Medical Association, amongst many others, were indispensable. Alison Healey, Breastfeeding Coordinator Ashton, Leigh and Wigan PCT was so keen to see breastfeeding sufficiently highlighted she wrote the section. Material is also included from the following Haynes manuals: *Teenager* (Pat Spungin) and *Alcohol Awareness* (Gaylin Tudhope), *Brain, Man, Sex and Woman* (Ian Banks). Particular thanks to Ian Barnes and Simon Gregory for editing and factual checking. Jim Campbell's cartoons say everything while Matthew Minter made Baby Manual Edition II greater than the sum of the parts.

### Dedication

This book is dedicated to my older sister Eileen Beaumont. But I'm still not fond of sprouts.