



She's Had a Baby: And I'm Having a Meltdown

James D. Barron

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She's had the Baby, you're a daddy -- now what? James Barron draws on his own experience, the experiences of countless others, and on insights from mothers on what they think new fathers should know to offer advice on balancing the demands of being a good father and a good husband, from the infant through the toddler years. He includes tips on:

- recapturing the romantic days of just the two of you
- vacationing with toddlers
- distinguishing between needing to call the pediatrician and pestering the pediatrician
- having sex while your 1-1/2 year-old is in the house

Hardly a standard child-rearing book, *She's Had a Baby* doesn't diagnose allergies or suggest developmentally appropriate toys. Rather, in bite-sized observations, Barron champions the joys and anxieties of daddyhood, while helping a man to cope with the ups and downs a relationship can go through during this time.

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