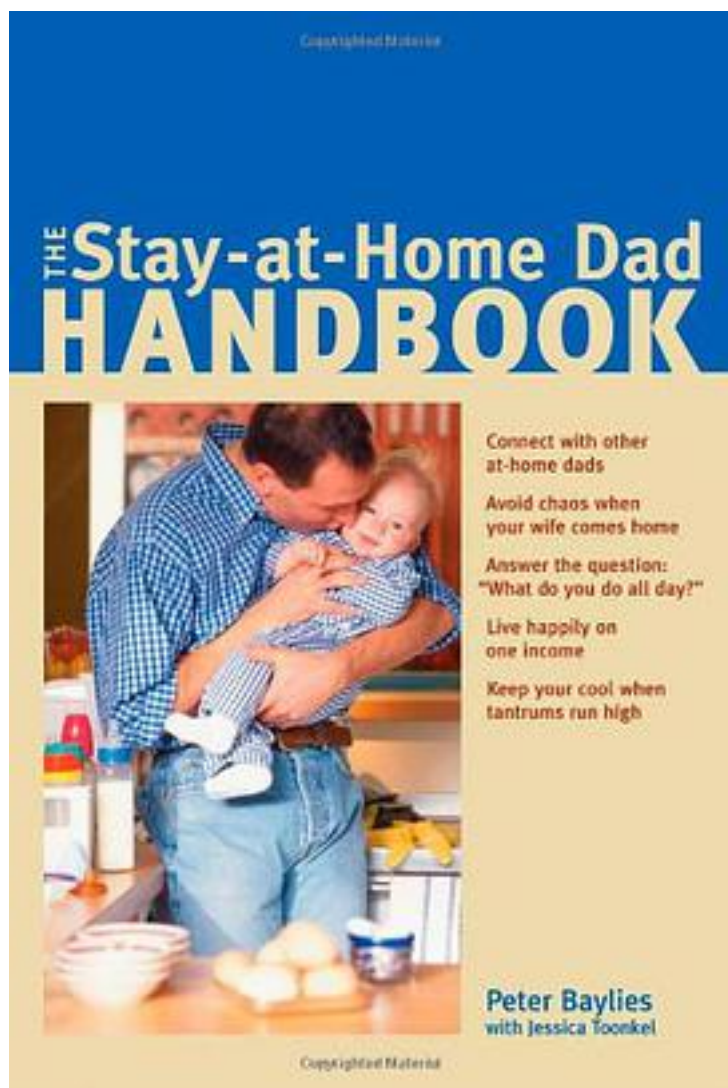


# Stay-at-Home Dad Handbook



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Written by a stay-at-home dad for other stay-at-home dads, this handbook addresses the particular parenting issues men face when they become the primary caregivers. This man-friendly resource offers practical solutions to such challenges as living well on one income, understanding the wife's breadwinner status, cleaning the house without feeling overwhelmed, and networking in a female-oriented community. Creative anecdotes offer supportive and effective advice to help stay-at-home dads successfully deal with the psychological issues, as well as the everyday details, that make this parenting situation different. This advice-oriented guide also offers a special section of newsletters, online chat groups, playgroups around the country, and stay-at-home dad organisations.

作者介绍:

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