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## Help! I'm a Dad

### All a new dad needs to know about the difficult first few months

**Nick Harper**

#### Description

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. This is an essential guide for all new fathers that covers everything you need to know from what to buy to how to use it. Told with Nick Harper's ready wit, not to mention his years of experience, *Help! I'm a Dad* will show you how to be a confident and capable dad and, most of all, how to enjoy the experience.

#### Sales Points

- A book of no-nonsense advice that is the ultimate survival guide for the first-time dad
- Written by a dad for dads, this book covers all the nuts and bolts: from nappies and transport to feeding, bathing, sleeping and more
- As a new father of twins, Nick Harper shares all his hard-won experience in this indispensable book for every prospective father
- From the author of *Man Skills*, which has sold 26,000 copies to date

#### Reviews

- 'A survival guide that will give all new dads the confidence and positivity they need to really enjoy their new found status' - *Babyworld*
- 'Perfectly pitched with clearly labelled, easy to navigate instructions' - *Families magazine*
- 'Nick Harper shares his hard-won experience in this indispensable book for very prospective father' - *Families (North West London)*

#### Author Biography

Nick Harper is a freelance writer who has worked for all manner of fine publications down the years, from the *Guardian* and *Men's Health* to *Q*, *FHM* and *FourFourTwo*. He has written *Man Skills*, *Man Up!* and *If It's Broke, Fix It* for Michael O'Mara. He is about so high, sports a beard that is a confusing mix of brown, ginger and grey, and has spent the last five years raising twin boys with his wife. Hence the grey. He is tired but very happy.

Michael O'Mara.

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