



Caveman's Guide to Baby's First Year: Early Fatherhood for the Modern Hunter-Gatherer

By David Port, John Ralston, Brian M. Ralston

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Congratulations! You're a father. Now what?

The follow-up to the hysterical bestselling *Caveman's Pregnancy Companion*.

You managed to survive pregnancy without getting hit in the face by a blunt projectile hurled from your wife's sling. Now the birth of your baby has ushered in a bewildering phase where your crude, uncivilized, and underdeveloped ways will surely be put to the test. Offbeat and humorous but full of useful tips, *Caveman's Guide to Baby's First Year* will lead you from a Fatherhood Aptitude Test to the 10 Commandments for Cro-Magnon Fathers to a Yoga Party (quasi-erotic yoga poses designed to reduce stress and stimulate the body). Along the way you'll find candid advice on all topics, from the mechanics of breastfeeding to baby proofing the home to instructions for toys even a caveman could make himself. So if you've been wondering what to do now that best thing that ever happened to you happened, leading to an anxiety-ridden life of no sleep, no sex, and more time picking out formula than ordering beer, fear no more! There have been quite a few advances since you first stepped out of your cave (vaccinations, infant massage, and baby sign language to name a few) and it's all here, accompanied by charts, diagrams and other illustrations straightforward enough for you to get your Paleolithic head around.

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Editorial Review

From Publishers Weekly

An indispensable tool for new fathers, this sequel to *The Caveman's Pregnancy Companion* delivers an entertaining and instructional guide to one of the toughest stretches you'll ever experience. Once again, the authors feature Gronk—who earlier made the prebirth journey from modern throwback to full-fledged Homo sapiens status—as a role model of sorts for men who need to learn the basics of fatherhood. As drawn by Kendall, Gronk's confused but loving gaze is turned toward Peanut, his baby girl, as the authors offer vital and to-the-point information about everything from breast feeding, clothing and medicines to excellent examples of meals and massages that modern cavemen can offer their deserving mates, the Carmella to our Tony. The best chapter, Health and Wellness, offers solid facts and advice on how to deal with medical providers, vaccinations and common health issues such as allergic reactions, along with a list of the 10 most commonly held medical myths and misconceptions about babies. (*July*)

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Users Review

From reader reviews:

Carol Sage:

Hey guys, do you wishes to finds a new book to study? May be the book with the concept Caveman's Guide to Baby's First Year: Early Fatherhood for the Modern Hunter-Gatherer suitable to you? The actual book was written by well known writer in this era. The actual book untitled Caveman's Guide to Baby's First Year: Early Fatherhood for the Modern Hunter-Gatherer is the one of several books that everyone read now. This kind of book was inspired lots of people in the world. When you read this reserve you will enter the new dimension that you ever know prior to. The author explained their plan in the simple way, consequently all of people can easily to understand the core of this guide. This book will give you a lot of information about this world now. So you can see the represented of the world in this book.

Russell Hardison:

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Rona Foret:

The publication untitled Caveman's Guide to Baby's First Year: Early Fatherhood for the Modern Hunter-Gatherer is the e-book that recommended to you to read. You can see the quality of the publication content that will be shown to you actually. The language that creator use to explained their ideas are easily to

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Kenneth Rogers:

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