



Making Everything Easier!™

UK Edition

# Dad's Guide to Pregnancy

FOR  
DUMMIES®

## Learn to:

- Get to grips with becoming a father
- Offer support throughout your partner's pregnancy
- Play an important role during labour and delivery
- Care for your newborn – from bottles to nappies

**Dr Roger Henderson**  
**Matthew M.F. Miller**  
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# Cheat Sheet

# ***Dad's Guide to Pregnancy For Dummies<sup>®</sup>***

**by Dr Roger Henderson,  
Matthew M. F. Miller and  
Sharon Perkins**



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## About the Authors

**Dr Roger Henderson** was born in 1960 and raised in Whitehaven, Cumbria. He qualified as a doctor from St Bartholomew's Hospital, London in 1985 and as a general practitioner in 1990. He entered the media world in 1995, and is now one of the UK's most respected media medics, writing regular columns for national newspapers and magazines. He is also a popular lecturer and after-dinner motivational speaker on a wide range of health-related topics and his medical responsibilities include being the senior partner of a six doctor general practice, running a main surgery and two busy branch surgeries. Married to a doctor, and with three teenage children, his spare time is spent thinking about how nice it would be to have some spare time.

**Matthew M. F. Miller** is a dad to one, an uncle to ten, and a 'father' to anyone who will listen to his countless nuggets of unsolicited advice. Author of the book *Maybe Baby: An Infertile Love Story*, Matthew is a graduate of the University of Southern California's Master of Professional Writing program. Matthew lives in Chicago where he is a full-time work-at-home dad, providing childcare for his daughter while working as the health-and-wellness editor for a national newspaper syndicate.

In his spare time (because there's just so much of that!), Matthew is a musician, runner, tennis enthusiast and baker.

**Sharon Perkins** has never been a dad, but she's had lots of experience on the mum side of parenting, with five children and three grandchildren. Almost 25 years as a registered nurse in fertility, labour and delivery, and neonatal intensive care have also taught her a thing or two about pregnancy and babies. Sharon lives in New Jersey with her husband but would live in Disney World if it were legal. The opportunity to write about what she does for a living has been a dream come true.

## Dedication

**From Roger:** For Becky, Douglas, Sarah and Jack. Always.

**From Matt:** Whether writing this book, watching tennis, or taking a nap, I am inspired, awed and grateful for the love and support of my wife, Constance, and our beautiful daughter, Nola. Thank you for a charmed life.

**From Sharon:** This book is dedicated to my three grandchildren, Matthew, Emma and Jessica, who keep me current on what's going on in the world of kids.

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