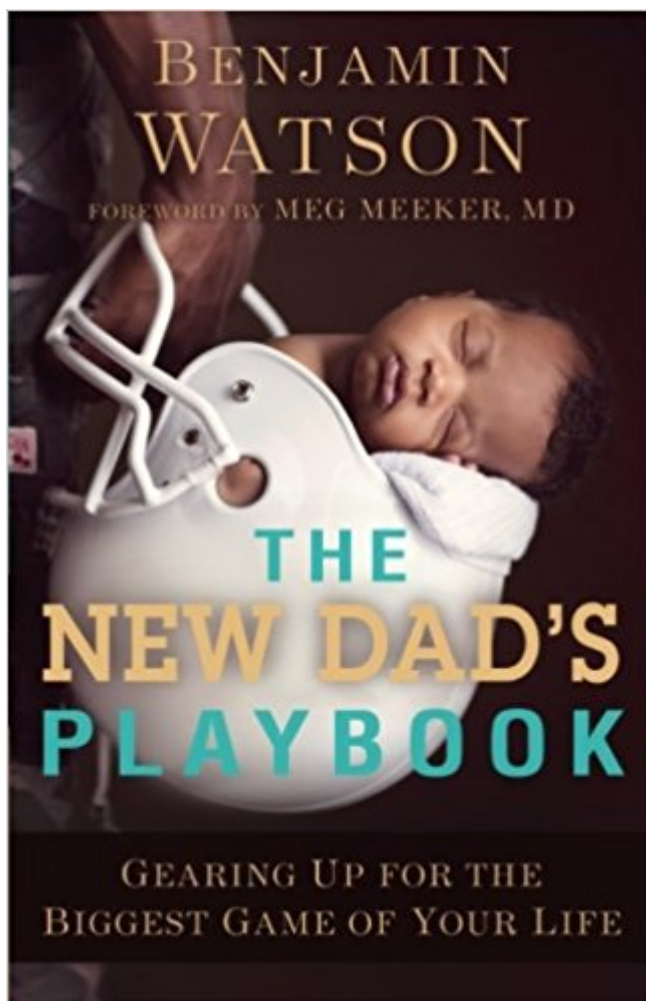


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# The New Dad's Playbook: Gearing Up For The Biggest Game Of Your Life



## Synopsis

When it comes to the unknown territory of having a baby, moms-to-be have nearly unending resources to plan and execute a healthy pregnancy and navigate those first months and years as a parent with confidence. New dads? Not so much. They want to get in the game too, but, says Super Bowl champion Benjamin Watson, "I could find clearer direction for putting together a baby swing than for taking care of a newborn child." *The New Dad's Playbook* is every man's game plan to being the best partner and the best father, from pre-season (preparing for fatherhood) to Super Bowl (birth) to post-season (after baby is home). It helps men understand what their wives are going through physically and emotionally during and after pregnancy, allowing them to support their most important teammate. It tells men what to expect when their baby is home--and what to do when the unexpected happens. This tell-it-like-it-is book will take men from just winging it to winning it.

## Book Information

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## Customer Reviews

"Exactly what we need--honest, understanding, and inviting words on fatherhood."--Drew Brees, NFL quarterback, New Orleans Saints  
New moms have unending resources to plan and execute a healthy pregnancy and navigate those first months and years as a parent with confidence. New dads? Not so much. Super Bowl champion and father of five Benjamin Watson wants to change all that. *The New Dad's Playbook* is every man's game plan to being the best partner and the best father, from preseason (preparing for fatherhood) to Super Bowl (birth) to postseason (after baby is home). It helps men understand what their wives are going through physically and emotionally during and after pregnancy, allowing them to support their most important teammate. It tells men

what to expect when their baby is home--and what to do when the unexpected happens. This tell-it-like-it-is book will take new dads from just winging it to winning it."If you're a man preparing for your first child, you must read this book. If you already have children, you'll want to read it as you continue to grow your family."--Tony Dungy, bestselling author of *Quiet Strength* and *Uncommon*"Benjamin dives into each aspect of fatherhood that will help husbands connect with the hearts of their wives and prepare for one of the most important callings a man can have. Every new dad and dad-to-be needs this resource!"--Lysa TerKeurst, New York Times bestselling author and president of Proverbs 31 MinistriesBenjamin Watson is a tight end for the Baltimore Ravens, a frequent commentator on ESPN and the NFL Network, and a vice president of the NFLPA. A leading spokesman for All Pro Dad and NFL Father & Kids Experience, and the founder of One More, Watson was a finalist for Walter Payton Man of the Year. He is the author of *Under Our Skin* and has appeared on Dr. Phil, The 700 Club, The Rachael Ray Show, CNN, Fox News, and many more. He lives in Maryland with his wife, Kirsten, and their five kids.

Benjamin Watson is a tight end for the Baltimore Ravens, an ESPN and NFL Network commentator, a leading spokesman for All Pro Dad and NFL Father & Kids Experience, and the founder of One More, a foundation that helps to spread the love and hope of Christ by meeting real needs, promoting education, and supporting local charities. A finalist for Walter Payton Man of the Year, Watson is deeply engaged in the community through his work with the NFL and its organizations and his own, and he is one of the league's most active members in both traditional and social media, with over 300,000 Facebook fans with whom he engages on a daily basis. He is the author of *Under Our Skin* and has appeared on Dr. Phil, The 700 Club, The Rachael Ray Show, CNN, Fox News, and many more. USA Today has said that Watson "illustrates the power of the platform that many players possess, but few are prone to use to address social issues. He is a shining example of how to put resources that come from his status as an NFL player to good use." He lives in Maryland with his wife, Kirsten, and their five kids.

Been bragging about this book to my entire family. Even recommended it to a friend who now reading it as he is expecting to be a first time father as well. I completely appreciate how Benjamin has written a book for MEN which helps me through the challenges and hurdles of what my wife is going through. Since buying the book, there have been at least 8 instances where I have said to myself, "wait this was in my book, I read about this!". Benjamin has done all men who aspire to be great husbands and first time fathers a great service by writing this book.

I am a Senior so will not be having any more babies,(Shucks!), but this is such an inspiring book I had to buy it. I will be passing it on to our son someday and only wish that all young people contemplating Motherhood, Wifehood, Husbandhood and Fatherhood would absorb every beautiful word in it. The fact that Mr. Watson is a Super Bowl Champion makes it even more remarkable, and he and his wonderful wife Kirsten and their FIVE great children are an extremely loving tale of a successful family!!

Dad's need this book, I was watching ESPN when they were talking about the book so I decided to buy it. I would recommend this to all new dads and its an excellent gift. I am not one to read, I just dont care for it but this book I actually sat down and read all the way through. It is definitely an eye opener and I believe you will learn a lot from it.

I originally bought this for my husband but I ended up reading it as well. It helped us both to understand each other's perspectives during this pregnancy.

bought for my husband and its a great way to help him become a better partner and father.

I bought this for a young man who is living with us. He and his girlfriend are having a baby for the first time. He is a football player so likes the references to football.

Bought this book for my soon to be a father son-in-law. He loves it!

This book does a great job of explaining fatherhood in a way a man can really understand

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