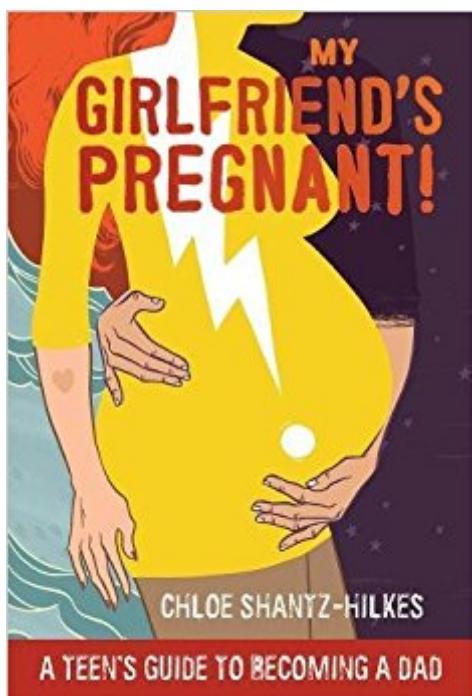


The book was found

# My Girlfriend's Pregnant: A Teen's Guide To Becoming A Dad



## Synopsis

Your girlfriend is pregnant. Now what? For teens faced with an unplanned pregnancy, the news can be devastating. Typically, most attention is focused on the needs of the mother, but teenage fathers also face a future filled with fear, doubt, and guilt. *My Girlfriend's Pregnant* provides much-needed information and support for teens suddenly thrust in the role of father. Based on interviews with teenage dads, social workers, and medical professionals, this book explores: • What it's like to discover that your girlfriend is pregnant • What to expect during pregnancy and childbirth • The experience of parenthood; both positive and negative • How involved the role of a teen dad can be • How parenthood can affect young relationships • The stress of being a teen dad • The impact of abortion and adoption on young fathers With an extensive list of further readings and resources to help with issues ranging from child support to bonding with your child, this book illustrates to young dads that they are not alone and that there are positive ways of dealing with the difficult choices that lie ahead.

## Book Information

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Average Customer Review: 4.5 out of 5 stars 2 customer reviews

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## Customer Reviews

Gr 9 Up • Intended to provide teen fathers-to-be some support and guidance, this book sheds light on a variety of topics: pregnancy, childbirth, and parenting; the different options ahead (keeping the baby, adoption, abortion), how to deal with the relationship with the mother, and how to manage stress. Interspersed throughout are firsthand accounts from men who became fathers in their teens or early twenties. The style is matter-of-fact, and the author is reassuring ("There's simply no right or wrong answer when it comes to staying in a young relationship affected by

pregnancy."). Serviceable black-and-white drawings begin each chapter; images of cell phones, flash drives, and speaker icons sprinkled throughout seem irrelevant to the topic. VERDICT This work could be a valuable resource for the targeted audience. —Elizabeth Kahn, Patrick F. Taylor Science & Technology Academy, Avondale, LA --This text refers to the Hardcover edition.

Chloe Shantz-Hilkes's first book with Annick Press was *Hooked: When Addiction Hits Home* (Spring 2013). She lives in Toronto. Willow Dawson is an award winning graphic novelist and children's book illustrator. She lives in Toronto.

I purchased this book for my son but I wasn't sure he would read it. I asked him what he thought and he thought the information was truly helpful. I am so thankful for a book like this from a young man's perspective.

This is one of the only books I've read that focuses on the father. Most teen pregnancy books are written from the mothers perspective, and I really appreciate the shift. With great quotes throughout the book this book gives some great insight into the thoughts and feelings of many young men who find out their girlfriend is pregnant. While most of the book does focus on parenting there are also chapters on the other alternatives, abortion and adoption. This book also includes chapters on dealing with stress, domestic violence, relationships, and childbirth. There is also a resource guide in the back. Finding out that your girlfriend is pregnant can bring up so many emotions and this book validates so many different responses to different scenarios. Whether you plan to parent, place the child for adoption or your girlfriend has an abortion there is no right or wrong way to feel and this book has interviews with many different fathers in different situations. This book is very much about really looking at what is best for you and taking care of yourself. It also stresses that staying together may not be the best option and if you do try to stay together what obstacles you may face and not to use the pregnancy as the reason to stay. There are many co-parenting relationships out there that are healthier because they decided not to stay together than if they had tried to stay together. While this book is geared toward teens I believe any young adult up through their 20's could benefit from reading it. When that pregnancy test turns out positive there are all kinds of emotions that happen and this book helps break them down so you can start to put them into perspective.

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