

New Dad's Survival Guide

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Dads questions answered

Wondering how you'll cope with a new baby? Fear not. Agony uncle Matt Whyman is on hand with advice on everything from bonding and the baby blues to how to deal with those sleepless nights.

Find out how to change a nappy

In an emergency - When Baby simply won't stop crying, it can be really worrying. Sometimes it's difficult not to imagine the worst. But this is no time to panic.

Visit <http://www.newdadssurvivalguide.com/index.html> for more information

Who to contact

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