

Commando Dad: Basic Training: How to Be an Elite Dad Or Carer from Birth to Three Years, 2012, 185 pages, Neil Sinclair, 1849532613, 9781849532617, Summersdale Publishers, 2012

An indispensable training manual for new recruits to fatherhood Attention! Written by an ex-Commando and dad of three, this manual provides clear and logical advice on all the practicalities of becoming a new father and simple, helpful instruction for all obstacles along the way. It will teach prospective fathers, in no-nonsense terms, how to survive the first 24 hours; how to Prepare and Plan to Prevent Poor Parental Performance; how to maintain morale in the ranks; how to feed, clothe, transport, and entertain your troops; how to transport the troops successfully on maneuvers; how to increase your "flash to bang" time and "square away" tasks along the way; and much more. Let training commence.B

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