

When the second child arrives – advice for those turbulent times



Christian Busemann
Papa to Go
[Papa To Go]
An intensive course for fathers

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Christian Busemann is an author, editor, editorial manager, and producer for television. For his idea, conception, and production of the MTV series *Pimp My Bicycle*, he was nominated for the Adolf Grimme Prize in 2006.

When the second child comes knocking, everyday life becomes more than a little complicated. How can you as a father be there for your children and your partner, and be at least three-fourths there at work after four months of nearly sleepless nights, all the while remembering to do something for your own well-being?

Christian Busemann has many helpful tips, including on how the leisure time of the family can be arranged so that both children and parents can enjoy it, and on how the relationship with the partner, erotic aspects included, need not fall asleep while raising children.

With much humor, the author demonstrates that the challenges facing a young father can be mastered, and that it is precisely the turbulent times that bring families together. Every young father will learn to stay cool and collected with the growing turmoil that comes with the second child and to know when he needs a short break without feeling guilty.

- Instruction manual for the modern family
- Experiences and advice from an insider, humorously conveyed

Also available:

Papa to Go. Schnellkurs für werdende Väter [Dad to Go. The User's Manual for Fathers-To-Be], 2010

