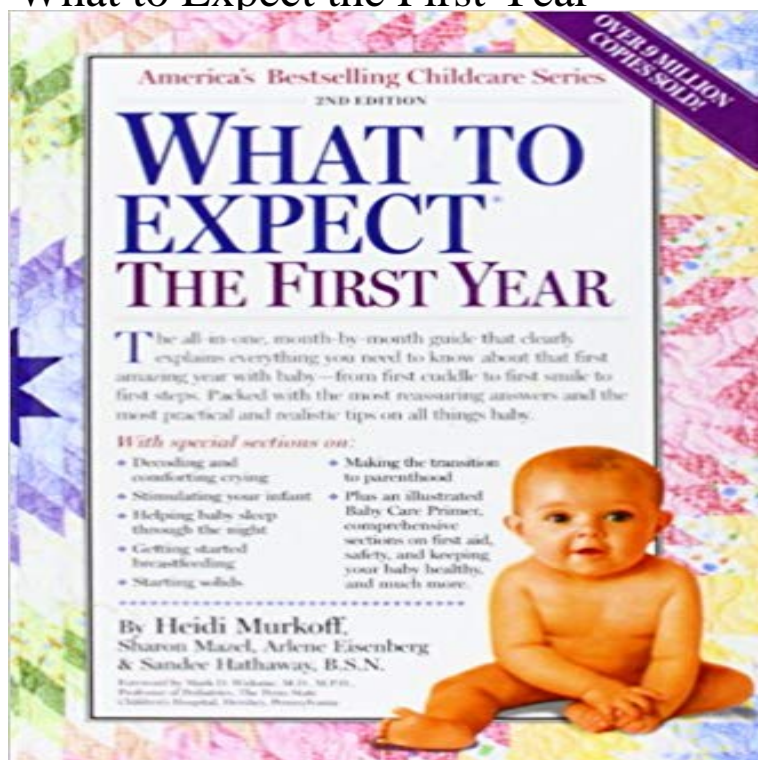


What to Expect the First Year



Some things about babies, happily, will never change. They still arrive warm, cuddly, soft, and smelling impossibly sweet. But how moms and dads care for their brand-new bundles of baby joy has changed and now, so has the new-baby bible. Announcing the completely revised third edition of What to Expect the First Year. With over 10.5 million copies in print, First Year is the worlds best-selling, best-loved guide to the instructions that babies dont come with, but should. And now, its better than ever. Every parents must-have/go-to is completely updated. Keeping the trademark month-by-month format that allows parents to take the potentially overwhelming first year one step at a time, First Year is easier-to-read, faster-to-flip-through, and new-family-friendlier than everpacked with even more practical tips, realistic advice, and relatable, accessible information than before. Illustrations are new, too. Among the changes: Baby care fundamentalscrib and sleep safety, feeding, vitamin supplementsare revised to reflect the most recent guidelines. Breastfeeding gets more coverage, too, from getting started to keeping it going. Hot-button topics and trends are tackled: attachment parenting, sleep training, early potty learning (elimination communication), baby-led weaning, and green parenting (from cloth diapers to non-toxic furniture). An all-new chapter on buying for baby helps parents navigate through todays dizzying gamut of baby products, nursery items, and gear. Also new: tips on preparing homemade baby food, the latest recommendations on starting solids, research on the impact of screen time (TVs, tablets, apps, computers), and For Parents boxes that focus on moms and dads needs. Throughout, topics are organized more intuitively than ever, for the best user experience possible.

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