



What to Expect the First Year

Heidi Eisenberg Murkoff, Arlene Eisenberg, Sandee E. Hathaway

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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 world's best-selling, best-loved guide to the instructions that babies don't come with, but should. And now, it's better than ever. Every parent's 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 ever—packed with even more practical tips, realistic advice, and relatable, accessible information than before. Illustrations are new, too.

Among the changes: Baby care fundamentals—crib and sleep safety, feeding, vitamin supplements—are 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 today's 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 mom's and dad's needs. Throughout, topics are organized more intuitively than ever, for the best user experience possible.

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From reader reviews:

Frank Jorge:

Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you will have done when you have spare time, subsequently why you don't try point that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love What to Expect the First Year, you can enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Darla Kemp:

What to Expect the First Year can be one of your nice books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort that will put every word into pleasure arrangement in writing What to Expect the First Year although doesn't forget the main stage, giving the reader the hottest and based confirm resource information that maybe you can be certainly one of it. This great information can easily drawn you into new stage of crucial imagining.

Daniel White:

Reading a book to get new life style in this yr; every people loves to study a book. When you go through a book you can get a great deal of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what types of book that you have read. In order to get information about your review, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, such us novel, comics, and also soon. The What to Expect the First Year will give you a new experience in studying a book.

Ada Peterson:

What is your hobby? Have you heard this question when you got college students? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person similar to reading or as examining become their hobby. You should know that reading is very important as well as book as to be the point. Book is important thing to provide you knowledge, except your current teacher or lecturer. You find good news or update regarding something by book. Different categories of books that can you choose to use be your object. One of them is niagra What to Expect the First Year.

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