

# WHAT TO EXPECT<sup>®</sup> THE FIRST YEAR

OVER 7 MILLION  
NEW EDITION  
COMPLETELY  
REVISED &  
UPDATED  
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**T**he comprehensive month-by-month guide that clearly explains everything parents need to know about the first year with baby.



Featuring an illustrated Baby Care Primer, First-Aid and Safety Guides, and answers to all your questions.

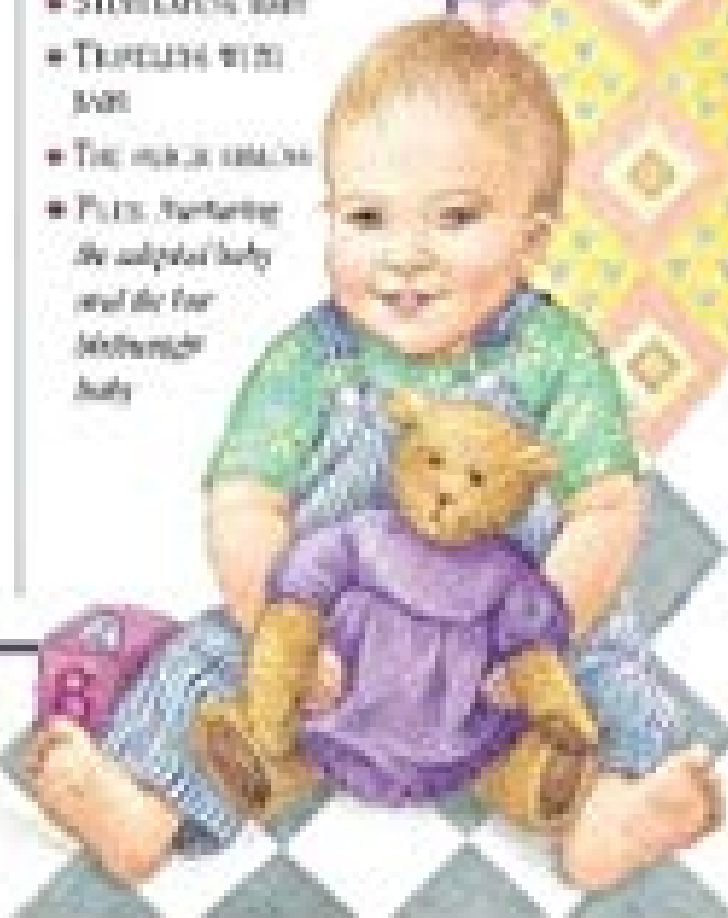


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With special sections on:

- SELECTING THE RIGHT PREGNANT
- GETTING YOUR NEW ARRIVAL
- NURSING AND FEEDING
- SLEEPING AND CRYING
- STIMULATING BABY
- TRAVELING WITH BABY
- THE WALKING CHILD
- PETS: Nurturing the adopted baby and the four-legged baby



Heidi Murkoff

What to Expect the First Year, Second Edition



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Some reasons for having babies, happily, will never change. Among the changes: Baby treatment fundamentals—crib and sleep safety, feeding, vitamin supplements—are revised to reflect the most recent guidelines. But how moms and dads look after their brand-fresh bundles of baby pleasure has changed—and today, so has the new-baby bible. Keeping the trademark month-by-month format which allows parents to consider the potentially overwhelming first yr one step at the same time, First Year is easier-to-read, faster-to-flip-through, and new-family-friendlier than ever—packed with a lot more practical tips, reasonable advice, and relatable, available information than before. Throughout, topics are organized more intuitively than ever, to get the best user encounter feasible. 5.5 million copies on the net, First Year may be the world’s best-selling, best-loved direct to the guidelines that babies don’t include, but should. And now, it’s better than ever. Every parent’s must-have/go-to is completely updated. Announcing the totally revised third edition of What things to Anticipate the First Year. Illustrations are new, too. They still arrive warm, cuddly, soft, and smelling impossibly lovely. Breastfeeding gets more insurance, too, from starting out to keeping it heading. An all-fresh chapter on buying for baby helps parents navigate through today’s dizzying gamut of baby items, nursery items, and gear. 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 nontoxic furniture). Also fresh: tips on preparing homemade baby meals, the latest tips about starting solids, research on the influence of screen period (TVs, tablets, apps, computer systems), and “For Parents” boxes that concentrate on mom’s and father’s requirements. With over 10.



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