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2ND EDITION

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

The all-in-one, month-by-month guide that clearly explains everything you need to know about that first amazing year with baby—from first cuddle to first smile to first steps. Packed with the most reassuring answers and the most practical and realistic tips on all things baby.

*With special sections on:*

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- ◆ Stimulating your infant
- ◆ Helping baby sleep through the night
- ◆ Getting started breastfeeding
- ◆ Starting solids
- ◆ Making the transition to parenthood
- ◆ Plus an illustrated Baby Care Primer, comprehensive sections on first aid, safety, and keeping your baby healthy, and much more.

By Heidi Murkoff  
with Sharon Mazel

Foreword by Mark D. Wideman, M.D., M.P.H.,  
Professor of Pediatrics, The Penn State  
Children's Hospital, Hershey, Pennsylvania



Sandee Hathaway and  
What to Expect the First Year, Second Edition



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Everything new parents have to know about the caution (and feeding) of an infant, from the authors of *What to Expect® IF YOU ARE Expecting. Reassuring Answers to Hundreds of Questions*, including: What's the very best kind of car seat for my newborn? How do I cope with my colicky baby? Covers monthly growth and advancement, feeding for every age group and stage, rest strategies that really work. How do you understand if my baby's getting more than enough to eat? How can I tell if my baby is really sick? When should I call the doctor? The only book on infant care to address the physical as well as the emotional needs of the entire family. Should I worry that my baby isn't crawling yet? Filled with the most useful tips (how to provide a bath, decode your baby's crying, what to purchase for baby, and when to return to work) and the most up-to-date medical advice (the most recent on vaccines, vitamins, illnesses, SIDS, safety, and even more). Should I indication my baby up for classes?



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