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# WHAT TO EXPECT™

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By Heidi Murkoff  
and Sharon Mazel

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



*Heidi Murkoff*

## **What to Expect the First Year**



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With over 11 million copies on the net, *What to Anticipate: The First Year*, now in a totally revised third edition, may be the world's most comprehensive guide for parents, but it should be. Every parent's guide should include it. Throughout, topics are arranged more intuitively than ever, for the best user knowledge possible. And today, it's a must-have/go-to is totally updated. crib and sleep safety, feeding, vitamin supplements—packed with a lot more useful tips, realistic tips, and relatable, accessible details than prior to. Illustrations are fresh, too. Among the adjustments: Baby care fundamentals— Keeping the trademark month-by-month format that allows parents to consider the possibly overwhelming first yr one step at a time, *First Season* is easier-to-read, faster-to-flip-through, and new-family-friendlier than ever—s needs. boxes that concentrate on mother's hot-switch topics and tendencies are tackled: attachment parenting, sleep schooling, early potty learning (elimination communication), baby-led weaning, and green parenting (from cloth diapers to nontoxic furniture). An all-fresh chapter on buying for baby helps parents navigate through today's dizzying gamut of baby products, nursery products, and gear. Also brand-new: tips on preparing homemade baby food, the latest tips about starting solids, analysis on the effect of screen period (TVs, tablets, apps, computers), and "s best-selling, best-loved guidebook to the guidelines that infants don't Breastfeeding gets more coverage, too, from starting out to keeping it going.s and father's are revised to reflect the newest guidelines.s much better than ever.



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Met my expectations!. This book has been a blessing for me personally. I am beginning over being a new mom again after 18 years since my last being pregnant and it has eased my stress and anxiety with how much issues have changed through the years. I came across it so extensive there were hardly any questions I had as a first time mom that this publication didn't address. It has been the most helpful baby book I have found. This might as well be called "the infant Bible! You can look up this issue that interests you which is all within. This book has it all. I acquired the same book in the past in the day and I knew this was a fantastic guide for a fresh parent. This edition is updated with current information. Highly recommended. ..! From security(don't skip this and assume you know it all already--there's usually something you'll overlook), to skin conditions, to Breastfeeding suggestions, etc. When I recognized they had a book .. Very informative and an absolute must have read to help maneuver during that first year. I used the "What To Expect IF YOU ARE Expecting" publication and it had been super helpful. This is actually the same author as the previous book I purchased "what things to expect, if you are expecting," that was also an amazing publication to have while pregnant and nervous of what is yet to come. Simply the simple things like how frequently, when and how to give a bath. Valuable Information Great read Everything is laid out and organized perfectly. Highly recommend for new and experienced moms! It's been very helpful . Would recommend for new parents! This is a great read for new parents! I believe that is great because we often leave the fathers at night with regards to these books and producing them feel included also to help them understand items from a fathers look at rather than a mothers is very helpful. To Expect IF YOU ARE Expecting" reserve and it had been super helpful. It will not make you a specialist mom, but will at least will put you at ease.. The only thing I was struggling to find was a component covering sleep regression. Seems such as a good book to have I had good intentions because of this book but never even looked in it lol Offered it to my cousin after myself. The only book baby book I needed It's a lot to claim "the only book you'll need". Overall great details in a clear, lower to the chase style. " It is awesome. It takes you step by step through every ... She's found it very helpful, a good reference book rather than something you read all the way through." It is awesome. It takes you step-by-step through every month of your babies life. Every question I could possibly have provides been answered within this reserve. I don't believe you can flip through an ebook with the same results. Being able to know which milestones are forward is great, because i quickly can prepare the next activities and necessities for my babies growth. Fast delivery. My fiancé treasured reading the sections for father and looked forward to discussing what both of us read. When I realized they had a book for the first season I had to get it. If you wish to learn about infants needs within the first year, definitely purchase this book. Also makes for a great gift! Love it & Highly recommend! Quick access to answers to challenging questions I love just how this book is set up. As an initial time mom, this book provides helped me make important decisions as a mother or father and to better understand my baby and his advancement. This is especially nice, as being a new mom is already overwhelming. I simply flip to a apparently relevant section and quickly discover answers to my concerned mom queries. As this is actually the beauty of this particular book, I would not recommend purchasing the Ebook. I love reading it while my baby is napping, sometimes I skip ahead per month or two to find out what new milestones to expect. I also like that it has info on almost every topic meant for dad to read. I purchased this for my child who's expecting her first child. It seemed an all natural suit to follow-up with this book. I had read the What to Anticipate When you are Expecting 30 years back and what amazed to view it is still a top hit with today's era. It even has helpful information on the thing you need and should put on your child shower registry! Would highly recommend to anyone expecting whether it's your 1st or your second or third.. But also for that reason I made a decision to knock off a celebrity since it's a pretty big deal. It was for me! Great book! It's also unbiased when it comes to different universities of thought but certainly outlines which safety procedures are encouraged by AAP. I was VERY relieved to discover they also have a publication for what expect the next year! What to do with the umbilical nub and how to care for it. The glossary makes items no problem finding. Also I was kind of

reading behind while my baby was method past the chapters I was reading, plus some questions I was puzzled about or doubting if I had made the right decision or easily was reading my baby correct were cover in the publication and it boosted my confidence in my own senses and provided me reassurance. I could lower my crib simply with time for my baby to learn how exactly to roll over. Thanks seller! I realize it's a book, no encyclopedia so that it can't cover everything! Very informative. Recommend it! This is especially nice, to be a new mom has already been overwhelming. Recommended for mommas Very informational! Just about anything you can think about to ask about what is happening with your baby. You can either read it from start to finish, or pick out topics of interest.. Great Baby 101 Book I actually am having my first child and although I have a whole lot of encounter with kids, I really don't know what things to expect. Very informative I found the book extremely informative and supportive. Came quickly, brand new and just as advertised Softcover publication in great shape, simply no damage, no bends or tears. A must have for just about any first time mom! highly recommended reference book Got this for my daughter when she had her first baby. It is a classic guide that is regularly updated through the years and instead of telling you how to do things, the author gives you the pros and cons of all options and information to back everything up. Because it does not have to be read from start to finish I am not really overwhelmed. Must Have Go through! I'm still pursuing along with it since my baby is not a year previous yet and it addresses virtually all my inquiries. This publication offers been 100% accurate in every detail. I simply flip to a apparently applicable section and quickly find answers to my concerned mom questions.



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