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EAT

A Common Sense Guide
to Your Baby's First Year

SLEEP



POOP



Essential Information
from an Award-Winning
Pediatrician & New Dad

Scott W. Cohen MD, F.A.P.S.

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Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year



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Written during award-winning pediatrician Dr. Scott W.'s arrival to introducing her to a new sibling, to those 3 basic functions that will come to dominate a new parent's Cohen provides a comprehensive overview and a straightforward answer or description: a "the doctor's perspectives—on the work" Eat, Rest, Poop addresses queries, strategies, myths, and all aspects of a child's. He also contains fact sheets, easy-to-follow medical diagnosis and treatment manuals, and funny daddy vs. development's first yr. Drawing on the latest medical recommendations and his experiences in the home and at work, Dr. Cohen covers everything from preparing for your baby's Cohen's existence.s and the new parent's. The effect is a refreshingly engaging and informative guide which includes all you need to know at each age and stage of your child's. In each example, Dr.'s first yr as a dad, Eat, Sleep, Poop is the only book to combine two invaluable "good sense bottom line," however he doesn't dictate. The emphasis can be on doing what is medically sound and what is most effective for you as well as your baby's. doctor sidebars that reveal the learning curve during his 1st year as a dad. Lively, useful, and reassuring, Eat, Rest, Poop supplies the knowledge you have to parent with confidence, to relax and revel in baby's initial year, and to increase your child with the best tool a mother or father can have: informed common sense.



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Must have book for parents of a baby What a fantastic book. I purchased this a few months before our child was born. It is extremely very interesting but also very light hearted, and along with all the current medical advice the author gives plenty of first hand dad advice. Since we got it we are constantly looking through it when we have a quick issue about our son's initial year of lifestyle. He takes what could be a very nerve racking period for first-time parents and simplifies it and makes all of the intricacies of a baby easy to comprehend. You'll want this reserve as a reference guideline if you are going to be first time parents. I am simply so happy I found this. humorous and readable I purchased this as our "guide to having an infant" book. There was a "newborn" section that was very helpful to learn before I provided birth and brought my boy home. The reviews for this book looked good. Most useless compilation of awful information, ever. Maybe that was because I acquired even more confidence as a mother or father? Israel (result earlier publicity fewer allergies). So what does Dr. I didn't enjoy the "what things to expect" series, and desired something balanced and easy to read. I left the book next to my nursing chair and examine while my child nursed. I don't think I read every web page, but that's the beauty of the publication; you only have to read the parts you would like to. I especially loved the Daddy vs. Doctor features.! Great book for New moms!! Yikes.! Each individual has told me how much they LOVE this book and how much it offers helped them in raising their OWN child! Nice synopsis I am having my 3rd child - but that one is extremely spaced out from the previous two and I felt like We needed just a little "review". Save your valuable money, people. Apart from needing "Make Laundry" in the title, Perfect When I first go through this book about 6 months ago while my wife was still pregnant I thought it was a great read. Now that I am the proud father of a 4 and a 1/2 month older baby boy, I believe its a fantastic go through and a phenomenal reference.He even goes so far as to do this when it counteracts both his suggestion and the american pediatrics culture (or whatever the title is) such as when he discusses a report comparing peanut allergies in Europe vs. For instance, his explanation of all the things that'll be carried out to your newborn immediately after the baby is born (eyedrops, supplement K etc) and why this may happen, was clear and i want to know just what was heading on. This book isn't worthy of you hard gained dollars.! I felt like the writer was fair in covering all the varieties of parenting without pressing one or another. One Star Disagree with several points in this reserve.Heres why:1) Crystal clear explanations: Cohen is excellent at describing what will happen, why it will happen, and really should you let it happen. At any rate, I mainly liked that the reserve was setup by topic and not month by month.3) Daddy vs. Doctor: That is probably one of the best issue about the publication. Ever wondered what the doctor actually does at home, does he follow all his advice, does he sleep train on the 1st try. When do he start solid meals? etc. Well this answers questions like that. Moreover it highlights areas where his feelings conflicted and explains why he let one aspect win (he doesn't often go with the doctor), which helps you understand how to make your very own decisions.4) GOOD SENSE Bottom Line: Hands down the best component, this little paragraph at the end of every section tells you what to end up being neurotic about and what to let go.. Little things like realizing that if a rash blanches and isn't bothering the baby its a viral rash rather than a problem, save long hours waiting for the doctor to contact you back while you worry your baby.6) Great reference device: Cohen put lists in the rear of the book for photocopying such as a pre-child checklist, and a dosage list.5) Hilarious anecdotes: Right from the start Cohen brings on the funny tales: searching for a mattress for his child Aubrey he asks the clerk what they recommend the clerk tells him they suggest asking a pediatrician... hmmm. Great for all parents expecting Family practice provider which is a great handout or recommended browse for mostly first-period parents but also parents focusing on their next kid." Youll need to read the book to discover how that one goes. This section also offers advice like what type of bottle to get (just about

any type) etc. I honestly can't believe Dr." moments. And as a fresh parent I have a couple of those each day. Author is very knowledgeable and gives you common sense advice Recomendado Buen libro, hoja amigable The information is fantastic and truly is common sense I purchased this for my child and his wife who simply welcomed first baby. Between spit up, poop escaping his diaper and copious levels of drool my child goes through several outfits a time, and (therefore do I).. So while I will use this book again and again, there are some aspects that may necessitate further examination by households to see what's best for them - for example - he recommends soy formula if infants are allergic to milk method..More importantly, especially as a reference, it lets you know when to panic and contact the doctor / head to the ER so when to relax, take a breath, perhaps a drink, and get back to sleep. HUH? Truthfully I cannot suggest this book enough, my wife and I are giving a duplicate to just about everybody we know who's giving birth, so if you understand me and so are pregnant, you can press off buying this. Normally obtain it.. Make laundry should be in the title. NOW. That is my go-to gift for new moms! Some of the other popular baby books are very lengthy and very comprehensive. Dr. My duplicate hasn't remaining my night time stand in 6 years. He includes great circulation charts to help you decide how to take care of eye or ear problems, diaper rash, or also "random crying". He includes a calming affect to assist you make decisions that are correct for your family. For example, he is pro-breasts feeding - but recognizes that this isn't for every woman and gives suggestions about how to proceed in the event that you decide breast feeding isn't for you - without guilt. I agree with earlier reviewers that he does follow the APA and FDA recommendations to a "T". But seriously. We am a pediatric nurse of 11 years and saw this book on the Dr Oz show approximately 5 years ago. I would never provide my baby soy items. Great Very practical. Want I had acquired this reserve when I acquired my initial while overseas no family members to ask.Oh yeah, my one con, the book didn't adequately prepare me for the sheer quantity of laundry that my child would generate. The info is great and truly is common sense. Very little frills but maintains you engaged. Five Stars Perfect book for the new parent. While I did enjoy this reserve I came across that I didn't utilize it much after my son was 2-3 a few months old. I never leave poor reviews, but this book simply made me angry. Don't worry about any of it! The rest section, which is usually arguably the most important part of baby raising - and the problem that causes the most grief with fresh mothers - began with sleep teaching and then shifted onto SIDS, skipping completely the part about newborns and youthful infants CANT Begin sleep teaching until four-five months. If I had poop issues/queries, I just had to discover that chapter. Cohen recommend? Whack the baby in his / her cot at the predetermined hour and simply leave them sit there until the hour is up. Young babies cannot put themselves to rest and you cannot keep an infant to cry it out! Moreover, babies less than a yr old shouldn't be up for more than 1-1.5 hours, but the author doesn't even mention sleep schedules. I'd worry if my HUSBAND had a fever of 105. This book should be called 'the irresponsible and downright harmful guide to increasing a baby'. I had many of my pediatric nursing close friends pregnant at the same time so I bought every one of them this book!Common Sense Bottom Line:If your pregnant, or have a newborn (even if its your second), you ought to have this book you shelf. As for fevers completely up to 105? If a young baby operates a fever, he or she needs immediate medical assistance. But the very clear answers to questions, accurate descriptions of ailments, and common sense bottom series sections mean that the complete book really features as an easy to check and incredibly thorough reference for, "what on earth is going on? Cohen is normally a pediatrician. I buy this and a computerized nasal suction (operated by batteries)!2) Evidenced based explanations: He doesn't simply tell you what ought to be done to your son or daughter, or why you should make a particular choice (vaccine or not, tummy or back (BACK! Common sense when it's needed This

book may be the sanity saver! It helps to keep me from working to the doc for each little thing, yet helps me decide what to do when faced with bigger emergencies. The reference guides in the back for rashes, medication dosing, and fevers is handy. Simultaneously, the detail within the chapters is clear and sensible between father and doctor. Great resource for the normal sense mother or father! Cohen presents all of the important stuff - short and sweet. Right now if somebody would write a reserve such as this about the grade school age group, I'd be established.) he gives clear, proof based explanations, mentioning (although not citing which I want he did) relevant studies and research. Or my favorite the story that starts out with a father phoning because his child's poop "preferences funny. Great read and useful, practical information.



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