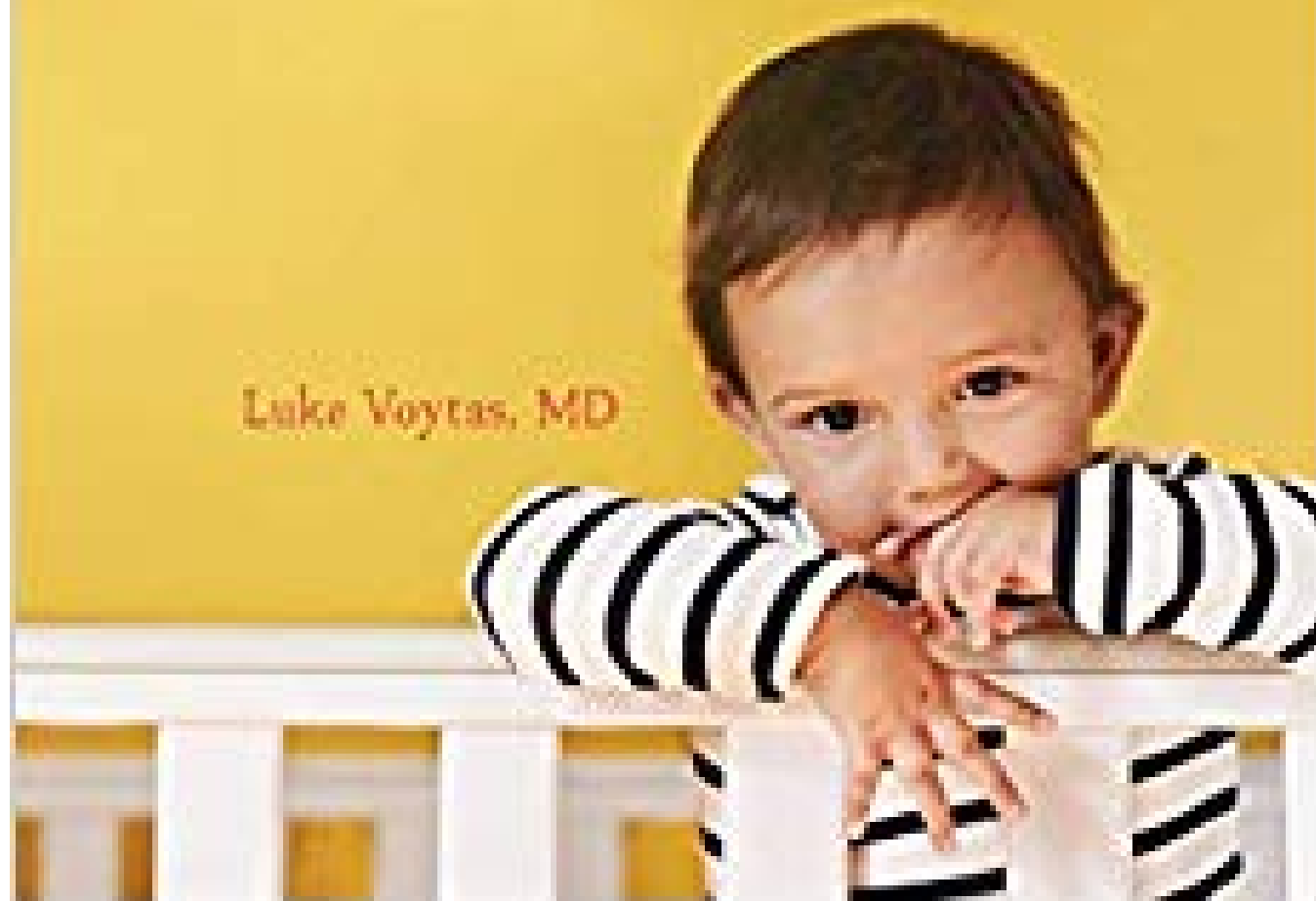


INCLUDES  
FAQS FROM  
PARENTS

# Beyond the — Checkup — from Birth to Age Four

A PEDIATRICIAN'S GUIDE TO  
CALM, CONFIDENT PARENTING

Luke Voytas, MD



Luke Voytas MD

## Beyond the Checkup from Birth to Age Four: A Pediatrician's Guide to Calm, Confident Parenting



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What if you had 15 extra minutes with your pediatrician? It's easy for new parents to become overwhelmed. child and will surely be a trusted resource for everyday make use of. With the tangle of details available on the web, it's With the purpose of instilling confidence in fresh or anxious parents, this health and fitness handbook follows the typical checkup schedule from birth to age four, while tackling topics that occasionally get neglected— In a friendly, often humorous, and reassuring voice, he also delves into common illnesses and concerning topics including behavior, eating, and sleep, and provides answers to questions parents frequently consult. Luke Voytas, a practicing pediatrician (and father of two small children), helps parents feel assured and calm by providing advice that is clearly a blend of research-based info and common sense. Starting with preparations leading up to baby's birth, including where to find the right pediatrician, it follows the traditional checkup routine— In this handbook, Dr. This handbook provides reliable information that empowers parents to create decisions that are greatest for their like screen time, picky eaters, and discipline.



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Want I had this reserve when my first kid was born! This book is gold! Great practical advice! Very helpful book! An Fine reference for parents with or expecting infants. Must-read for new parents Great practical suggestions — when you should be worried, and when you can relax. Definitely my fresh go-to book to provide to friends having their first baby! Fabulous baby shower gift. \*\*\*THIS Reserve WAS RECEIVED FROM A GOODREADS GIVEAWAY\*\*\*While I really do not have children yet, We am doing my better to prepare my understanding for when they do become a part of my life. A great approach to parenting. I encourage the parents to educate themselves through better sourcing. Will be my brand-new head to gift for family members expecting s baby! Voytas writes in a useful tone with the authenticity of a genuine parent (and achieved pediatrician). A tremendous resource for people who want parenting tips based on evidence-based research. I'd either say be consistently male or consistently woman or at the very least use gender-neutral pronouns to spell it out the reader's baby. Recommending this to all or any my friends with kids. This is the best, most practical baby book I've seen. It is easy to read and a great resource for just about any new parent! Pleasant and informative with out a lot of jargon. Great gift for fresh parents! Consequently, books like Beyond the Checkup appear to be a perfect resource for parents, as it is written by a pediatrician. That said, I believe I'm probably just a little biased in wanting an older, more grandfatherly pediatrician composing books like this. Occasionally, Voytas could have a container with a little bit of extra information in regards to a topic, but these boxes will most likely break the movement of a paragraph and seem to be more in the manner than they should be.Regarding the book's content material, Luk Voytas will a reasonably good work of presenting the big issues that might appear in a child's initial 4 years. While he does use scientific studies to back again up his recommendations, there are some instances where it's unclear whether or not there is any technology behind his opinion, or if it's his own personal thoughts. I did appreciate the "case research" in the rear of the reserve, as I possibly could see each one of the ailments included therein becoming something I'd desire to reference in the event it would happen with my kid.My only additional qualms with this publication want to do with the "asides" and the gender of the infant being referenced. After all, an eternity of experience appears to speak more than just 15-years-well worth of it. I also didn't especially like how Voytas switched between man and woman pronouns to spell it out the generic "baby" that the reader must have. Great, practical suggestions that helps cut though all the non-sense out there.An OK reference for parents with or expecting babies, I give Beyond the Checkup 3. Great resource Great reference for the new mom! Not good. Terrible book. Provides worst advice for brand-new parents. Would not recommend to anyone. Giving them the cheapest formula and tips about sleep teaching can be extremely dangerous. Lots of pearls.0 stars out of 5. Lots of good details. I purchased it for my daughter who loves reading books on how best to look after her daughter.



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