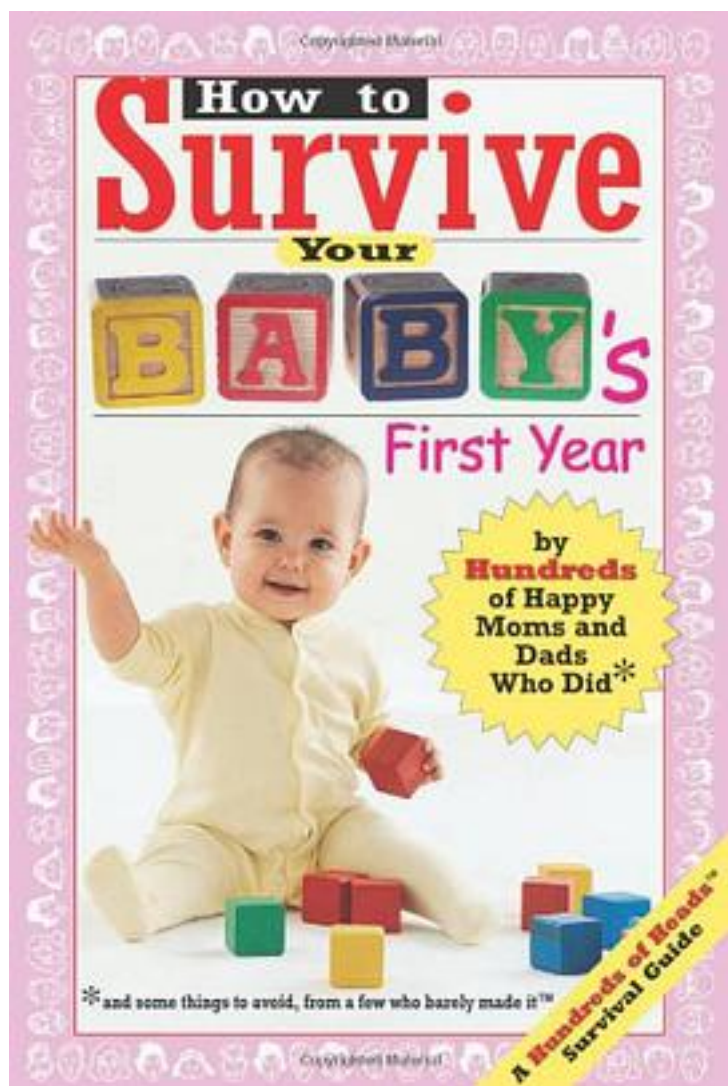


# How to Survive Your Baby's First Year



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How to Survive Your Baby's First Year, by Hundreds of Happy Moms and Dads Who Did, is here to help make that first year with a new baby a lot easier. The book offers advice from hundreds of parents who have made it through the first year with their own babies and lived to share the secrets of their success. Unlike other parenting books that give only the opinion of one expert, How to Survive Your Baby's First Year includes words of wisdom from hundreds of parents—both moms and dads, nationwide—who have been-there, done-that. Their sometimes funny and always useful, real-world baby experiences will help new parents face the endless challenges of bringing up a baby. While the advice may not always be in agreement, the variation in opinions goes to show that not all baby experiences will be alike, and what works for some parents may not work for others. Or, in other words, there simply isn't one right answer. The book is designed to give parents insight and information so they can make their own decisions. How to Survive Your Baby's First Year includes chapters on: pregnancy, birth, breast-feeding and formula, sleeping, work and family, learning, and discipline. Throughout, readers get tips on the best, tried-and-true methods of baby care, and insight into the most fretted about parenting topics, including:

- Pregnancy—what mom needs now and how dads can help

- Giving birth—you can prepare for an amazing experience
- Breast-feeding or formula—moms weigh in on the pros and cons
- Diapers—quick and dirty tricks to make them disappear fast!
- Crying and Sleeping—field-tested methods get baby to sleep so you can too
- Balancing work and family—moms and dads find creative ways to have it all

The stories and tips in the book can help reduce the anxiety levels of expecting and new parents by letting them know others have faced similar challenges, and solutions may be just a few pages away. Reading the book is like having a big circle of seasoned parents in one room offering you their hard-earned advice about your toughest baby questions and sharing their favorite parenting moments.

作者介绍:

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