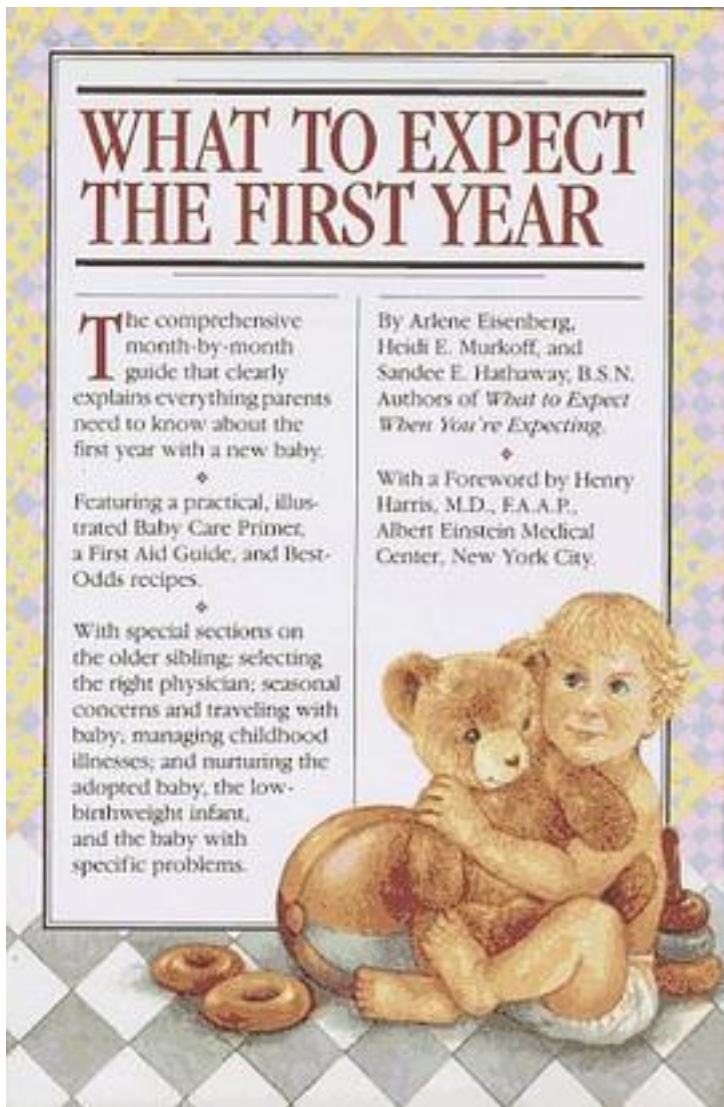


What to Expect the First Year



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著者:Arlene Eisenberg

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Amazon.com Is our baby eating enough? Is this much crying normal? How do I know when she is really sick? This hefty, 671-page guide to your baby's first year is brought to you by the creators of the bestselling What to Expect When You're Expecting. The three authors, all mothers themselves, are calm, clear, and encouraging as they tackle the first year of child-rearing, month by month. The easy-to-absorb, chronological format includes sections such as "What Your Baby May Be Doing," "What You Can Expect at This Month's Checkups," "Feeding Your Baby This Month," "What You May Be Concerned About," and "What It's Important to Know." Part Two addresses special concerns such as illness, first aid do's and don'ts, the low-birthweight baby, the adopted baby, becoming a father, and sibling relationships. You'll also find discussions of breastfeeding and bottlefeeding, selecting a physician for the baby, diapers and clothing, safety, and many ways of stimulating the baby's development. The recipes for babies and toddlers in Part Three are useful, as are the recommended home remedies; charts on common childhood illnesses; height and weight; and the thorough index. (A particular strength of the book is the authors' careful attention to diet and nutrition for both mother and baby, incorporating the American Academy of Pediatrics' latest recommendations on infant nutrition.) While some of the authors' perspectives are controversial (such as whether to let your baby "cry it out" or not), this book remains one of the most comprehensive resources for new parents as they toddle through their baby's first year. --This text refers to an out of print or unavailable edition of this title. From Publishers Weekly Parents-to-be are likely to find themselves quickly immersed in this highly authoritative manual by the collaborators of What to Expect When You're Expecting. Nearly 700 pages of snappily written, friendly advice, constructed in the form of chatty answers to hypothetical questions, are arranged on a month-by-month basis. For each of 12 months, there are a guide to the progress the baby may be expected to be making at this stage, a list of potential health or other problems and paragraphs on the myriad questions all new parents ask--on subjects as various as in-home care, birthmarks, circumcision and breath-holding. Other sections cover what to buy for a new-born, first aid, recipes, adoption and even how to enjoy the first year, in terms of the parents' own activities, such as social life and sex. An extensive index leads the reader to information that wouldn't normally be accessed using the month-to-month arrangement--and also serves as an indication of the book's all-inclusiveness. Illustrated. 65,000 first printing; first serial to Working Mother magazine; author tour. Copyright 1989 Reed Business Information, Inc. See all Editorial Reviews

作者介绍:

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