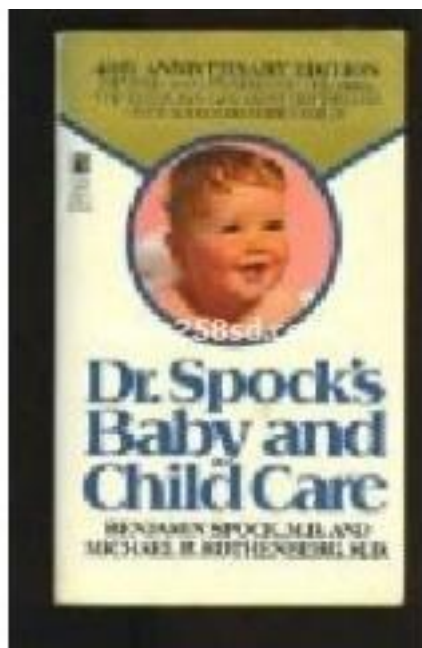


# Baby and Child Care



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You know more than you think you do! Soon you're going to have a baby. Maybe you have one already. You're happy and excited! but if you haven't had much experience you wonder whether you are going to know how to do a good job. Lately you have been listening more carefully to your friends and relatives when they talk about bringing up a child. You've begun to read articles by experts in the magazines and newspapers. After the baby is born the doctors and nurses will begin to give you instructions too. Sometimes it sounds like a very complicated business. You find out all the vitamins a baby needs and all the immunizations. One mother tells you that egg should be given early because of its iron and another says that egg should be delayed to avoid allergy. You hear that a baby is easily spoiled by being picked up too much but also that a baby must be cuddled plenty; that fairy tales

make children nervous¼ and that fairy tales are a wholesome outlet. Don't take too seriously all that the neighbors say. Don't be overawed by what the experts say. Don't be afraid to trust your own common sense. Bringing up your child won't be a complicated job if you take it easy¼ trust your own instincts¼ and follow the directions that your doctor gives you.

作者介绍:

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