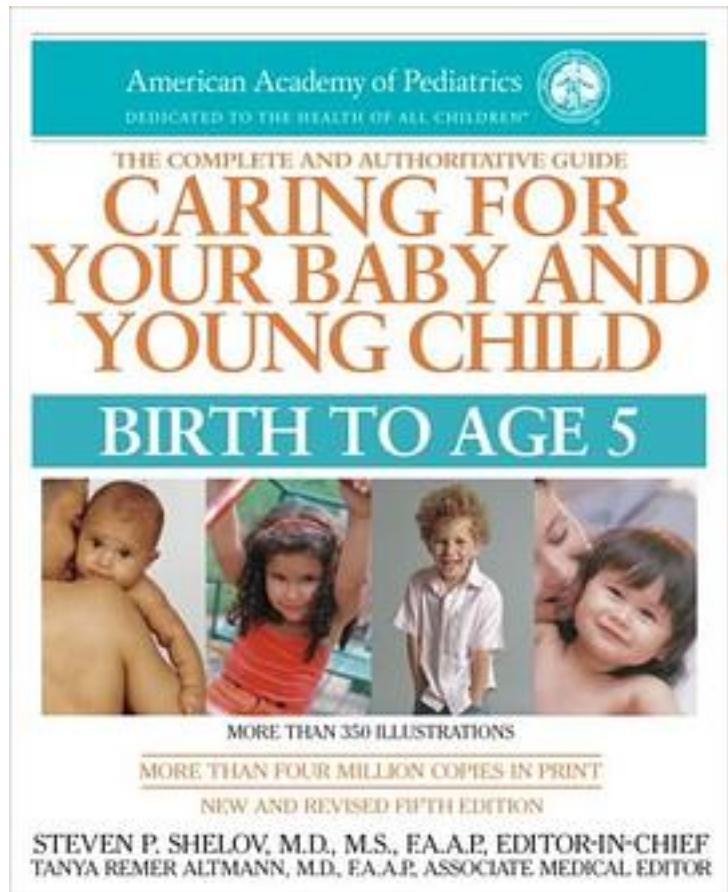


# CARING FOR YOUR BABY AND YOUNG



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THE MOST UP-TO-DATE, EXPERT ADVICE  
FOR MOTHERS, FATHERS, AND CARE PROVIDERS FROM

## THE AMERICAN ACADEMY OF PEDIATRICS

From the most respected organization on child health comes this essential resource for all parents who want to provide the very best care for their children. Here is the one guide pediatricians routinely recommend and parents can safely trust, covering everything from preparing for childbirth to toilet training to nurturing your child's self-esteem. Whether it's resolving common childhood health problems or detailed instructions for coping with emergency medical situations, *Caring for Your Baby and Young Child* has everything you need.

- Basic care from infancy through age five
- Guidelines and milestones for physical, emotional, social, and cognitive growth
- A complete health encyclopedia covering injuries, illnesses, congenital diseases, and other disabilities
- Guidelines for prenatal and newborn care with sections on maternal nutrition, exercise, and screening tests during pregnancy
- An in-depth guide to breastfeeding, including its benefits, techniques, and challenges
- A complete guide for immunizations and updated information on vaccine safety
- A guide for choosing child care programs and car safety seats
- Ways to reduce your child's exposure to environmental hazards, such as secondhand smoke
- Sections on grandparents, building resilience, media, and multiples
- New chapters on sleep and on allergies—including food allergies
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- And much more

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