

# What to Expect the First Year



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From the authors of the 9.6-million-copy bestselling *What to Expect When You're Expecting*, here is *What to Expect the First Year* (over 5.6 million copies in print), the most comprehensive guide available on the next phase of parenting-newborn care.

Written with the same reassuring, lively authority as *What to Expect When You're Expecting*, the book is organized for ease of reference, leading nervous parents from month to month, check-up to check-up, even feeding to feeding. The chapters on each month address basic expectations of behavior and growth, as well as special concerns and decisions-from finding the perfect pediatrician to getting baby on a sleep-through-the-night schedule to choosing toys, shoes, and diapers. Equally important are the emotional issues a new baby raises for every member of the family-these are covered thoughtfully and thoroughly.

Additional chapters cover special subjects such as first aid, traveling with a baby, premature babies, adopted babies, and much more. Winner of the 1994 Parenting "Hall of Fame" Award from *Child* magazine's Child's Best Parenting Book Award. Selection of the Book-of-the-Month Club and Better Homes & Gardens Family Book Service.

作者介绍:

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