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# What To Expect The First Year



## Synopsis

With over 11 million copies in print, *What to Expect: The First Year*, now in a completely revised third edition, is the world's best-selling, best-loved guide to the instructions that babies don't come with, but should. And now, it's better than ever. Every parent's must-have/go-to is completely updated. Keeping the trademark month-by-month format that allows parents to take the potentially overwhelming first year one step at a time, *First Year* is easier-to-read, faster-to-flip-through, and new-family-friendlier than ever. It's packed with even more practical tips, realistic advice, and relatable, accessible information than before. Illustrations are new, too. Among the changes: Baby care fundamentals—crib and sleep safety, feeding, vitamin supplements—are revised to reflect the most recent guidelines. Breastfeeding gets more coverage, too, from getting started to keeping it going. Hot-button topics and trends are tackled: attachment parenting, sleep training, early potty learning (elimination communication), baby-led weaning, and green parenting (from cloth diapers to non-toxic furniture). An all-new chapter on buying for baby helps parents navigate through today's dizzying gamut of baby products, nursery items, and gear. Also new: tips on preparing homemade baby food, the latest recommendations on starting solids, research on the impact of screen time (TVs, tablets, apps, computers), and "For Parents" boxes that focus on mom's and dad's needs. Throughout, topics are organized more intuitively than ever, for the best user experience possible.

## Book Information

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Dieting > Men's Health #3 in Books > Parenting & Relationships > Reference #3 in Books

## Customer Reviews

The comprehensive month-by-month guide that clearly explains everything parents need to know about the first year with a new baby. Featuring a practical, illustrated Baby Care Primer, a First Aid Guide, and Best-Odds Recipes. With special sections on the older sibling; selecting the right physician; seasonal concerns and traveling with baby; managing childhood illnesses; and nurturing the adopted baby, the low-birthweight infant, and the baby with specific problems. "Unquestionably the best book for parents of infants in their first year of life that I have had the pleasure to read." (Morris Green, M.D., Perry W. Lesh Professor of Pediatrics, Indiana University Medical Center) "This complete, practical, and unique book will help parents prevent or solve the problems of caring for a newborn infant through the first year of life...I love it!" (Ruth A. Lawrence, M.D., Professor of Pediatrics, Obstetrics & Gynecology, University of Rochester Medical Center) To help you become the best-equipped parents possible, here is a complete first-year manual from the authors of *What to Expect When You're Expecting*, America's pregnancy bible. Includes thorough information on baby's monthly growth and development, feeding, sleeping habits, infant illnesses, and safety. Reassuring answers to 12 months of concerns: -How do I cope with my colicky baby? -How do I know when my baby is really sick and when I should call a doctor? -How can I get my baby to sleep through the night? -When is the best time to wean my baby? -Why am I still having contractions now that I've delivered? -When am I going to start feeling like a parent? -How do I decide when to go back to work?

Heidi Murkoff is the author of the *What to Expect*® series of pregnancy and parenting books. She is also the creator of [WhatToExpect.com](http://WhatToExpect.com) and the *WhatToExpect* app, which reach over 11 million expecting and new parents, and the *What to Expect* Foundation, a nonprofit organization dedicated to helping underserved families expect healthy pregnancies, safe deliveries, and healthy, happy babies.

What is frustrating about baby advice is that there is so much of it out there. Between your coworkers, friends, family, and the Internet, everyone has "expert" advice for you. Clearly, there is a need to have a go-to source for questions and information, short of calling a pediatrician all the time. This book can be your go-to source and that's why I would recommend it. The good news is that there is a wide variety of subjects covered, helpful descriptions, and important facts. We consistently

refer to this book in an attempt to distill good advice from bad advice. And, anybody who has been stuck in the Internet vortex of baby advice knows the feeling I'm talking about. And, this book is definitely more helpful and comprehensive than the vortex. However, this book is also frustrating to me. First, I find that the book suffers from some organizational issues. It's relatively minor since you can use the index to hone in on what you're looking for. Still, I find myself hunting around for information and never having a great idea where I'll find the relevant information. Second, I have been frustrated with some parts that I have found too anecdotal or, in my mind, contradictory. I realize this is probably the result of babies, by their nature, being confusing and not fully understood. Overall, I recommend this book.

I bought this for my daughter when she had her first baby. She said she loved it and found it very informative, to the point that she asked for the follow up book, What to Expect the Second Year, when her baby turned 12 months.

Someone recommended this book to me and I am using it during my pregnancy, I love that I can write notes within the book and that it is not complicated to read like most books

I had one of these 10 years ago with my kids and got another as we have become foster parents. I really did not like how the newer book was set up. The old one listed milestones at the beginning of each chapter. This one is a bit different. I do read parts of it, but do not rely on it like the older version

This was a gift and my granddaughter loves the information she is relaxing more now that she can look things up... She's a brand new mom!

Very practical, and down to the point that you need or want to know. I bought a few other baby books with good reviews like the baby book, this one is the most helpful (unless what you want is some doctor spends half of the book ranting about their theories). One last thing, the cover baby of this book is too skinny in my opinion.

I am only a third of the way into this book, and I already feel like I have learned so much! I was hesitant to buy an actual book since most information can be found in an internet search these days, but it is so nice to have the answers to my questions condensed into one place and know that

they are backed by multiple medical professionals. Heidi Murkoff leaves nothing out! As an expecting first time mom, I have thoroughly enjoyed this read and know I will be opening it back up many times over the next year!

My go to book for every pregnancy I have had! Any little symptom I had, I knew I could look it up here and put my mind at ease. It was so fun to follow along week by week on how my little peanut was growing.

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What to Expect the Second Year: From 12 to 24 Months (What to Expect (Workman Publishing))  
Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade)  
What to Expect When Mommy's Having a Baby (What to Expect Kids) What to Expect at Preschool (What to Expect Kids) What to Expect When You're Expecting (What to Expect (Workman Publishing)) What to Expect the First Year What to Expect the Second Year: From 12 to 24 Months  
How to Snowboard: First Day on a Snowboard--What to Expect Pregnancy Week by Week: Guide to Healthy Pregnancy of What to Expect When Expecting for First Time Moms You're Going To Be Grandparents. First New Born, Audio bonus: What to Expect When You're Expecting, Telling Your Parent (Grandparent Series) 35 Frequently Asked Questions about Sofia and Bulgaria that people ask at some point: What to expect, see, do and need to know about Sofia, Bulgaria when visiting for the first time The First Year: Type 2 Diabetes: An Essential Guide for the Newly Diagnosed (The Complete First Year) Bump to Birthday, Pregnancy & First Year Baby Journal : an award-winning journal / diary to help you hold onto memories of the growing bump, the birth ... first year with your baby Of Russia: A Year Inside (Of China: A Year Inside, Of Iraq: A Year Inside Book 1) First Things First: Understand Why So Often Our First Things Aren't First What to Expect When You're Expecting Chemoland: What to expect when you were not expecting chemotherapy for breast cancer Grand Canyon River Rafting; What to Expect & How to Prepare For Your Guided River Trip What to Expect Before You're Expecting: The Complete Guide to Getting Pregnant What He Can Expect When She's Not Expecting: How to Support Your Wife, Save Your Marriage, and Conquer Infertility!

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