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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—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

Age Range: Baby - 12 years

Series: What to Expect

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (1,238 customer reviews)

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Customer Reviews

I absolutely hated *What to Expect When You're Expecting*. Hated it. So when a friend gave me this book as a gift when I was pregnant, I kind of put it to the side, never expecting to use it. Well, I surprised myself. I actually refer to this book a lot in caring for my now almost-6-month-old son. What I like about the book is that the questions that it addresses are very much like real-life questions people ask about their babies. Some of the questions are word-for-word questions my husband and I have asked each other. That makes the information very accessible and I think, reassuring. You get a sense that "Oh good, my five-month-old is not the only one in the world who seems to be coughing just to get my attention." There's a really comprehensive amount of information about nearly every parenting topic you can think of. In particular, the section about infant illness is invaluable. Great charts of symptoms and treatments for those symptoms, explanations about how to do home treatments, etc. My son has gotten a couple of colds, one of which brought on a croupy cough, and the book's advice about steam treatments and a quick trip outside helping were right-on, and exactly what my mom and grandma had told me worked to help croup. Without the book's specific description of what croup and stridor sound like, and how to treat it, I probably would have ended up in the emergency room with my son. That being said, here are the things I don't like about this book.- The information is supposedly unbiased, but the author comes down firmly on the pro or con side of an issue and there's not a lot of doubt about what the author feels you "should" or "should not" do.

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