



# What to Expect the First Year

By Heidi Murkoff

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## What to Expect the First Year By Heidi Murkoff

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.

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## What to Expect the First Year By Heidi Murkoff Bibliography

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## **Editorial Review**

From the Back Cover

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?

## **About the Author**

Heidi Murkoff is the author of the What to Expect® series of pregnancy and parenting books. She is also the creator of 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.

## **Users Review**

### **From reader reviews:**

#### **Michael Dennison:**

Nowadays reading books are more than want or need but also turn into a life style. This reading addiction give you lot of advantages. Advantages you got of course the knowledge even the information inside the book that improve your knowledge and information. The info you get based on what kind of publication you read, if you want have more knowledge just go with training books but if you want really feel happy read one having theme for entertaining for example comic or novel. Often the What to Expect the First Year is kind of publication which is giving the reader unforeseen experience.

#### **Kim Salgado:**

Typically the book What to Expect the First Year has a lot associated with on it. So when you make sure to read this book you can get a lot of help. The book was written by the very famous author. The author makes some research previous to write this book. This kind of book very easy to read you may get the point easily after looking over this book.

#### **Ryan Moore:**

Do you like reading a publication? Confuse to looking for your chosen book? Or your book has been rare? Why so many question for the book? But virtually any people feel that they enjoy regarding reading. Some people likes reading, not only science book but also novel and What to Expect the First Year or even others sources were given knowledge for you. After you know how the truly amazing a book, you feel would like to read more and more. Science book was created for teacher or students especially. Those textbooks are helping them to increase their knowledge. In different case, beside science guide, any other book likes What to Expect the First Year to make your spare time a lot more colorful. Many types of book like this.

#### **Ed Abraham:**

As a student exactly feel bored to reading. If their teacher questioned them to go to the library as well as to make summary for some e-book, they are complained. Just small students that has reading's spirit or real their interest. They just do what the educator want, like asked to the library. They go to presently there but nothing reading very seriously. Any students feel that reading through is not important, boring in addition to can't see colorful photos on there. Yeah, it is to become complicated. Book is very important in your case. As we know that on this period, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. So , this What to Expect the First Year can make you sense more interested to read.

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