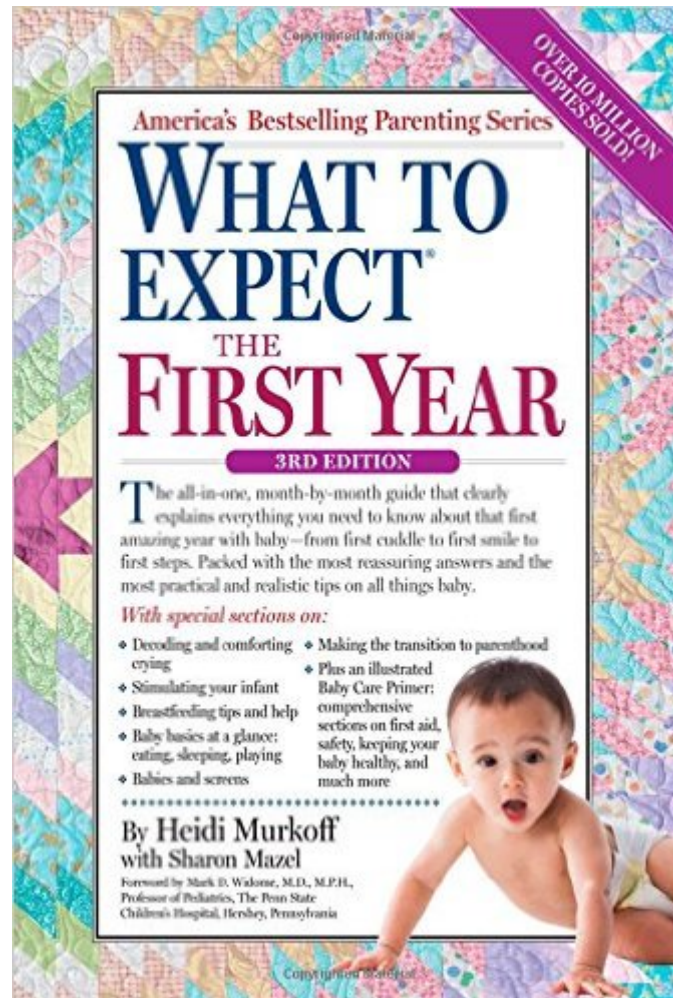


The book was found

# 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

Paperback: 704 pages

Publisher: Workman Publishing Company; 3 edition (October 7, 2014)

Language: English

ISBN-10: 0761181504

ISBN-13: 978-0761181507

Product Dimensions: 1 x 6 x 9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

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

Best Sellers Rank: #365 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Men's Health > General #2 in Books > Parenting & Relationships > Reference #5 in Books > Parenting & Relationships > Parenting > Early Childhood

## 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.

[Download to continue reading...](#)

What to Expect the Second Year: From 12 to 24 Months (What to Expect (Workman Publishing))  
What to Expect When Mommy's Having a Baby (What to Expect Kids) What to Expect the First Year  
What to Expect the First Year, Second Edition Pregnancy Week by Week: Guide to Healthy  
Pregnancy of What to Expect When Expecting for First Time Moms My Very First Library: My Very  
First Book of Colors, My Very First Book of Shapes, My Very First Book of Numbers, My Very First  
Books of Words Alone Together: Why We Expect More from Technology and Less from Each Other  
What to Expect in Seminary: Theological Education as Spiritual Formation What to Expect When  
You're Expecting What to Expect: Eating Well When You're Expecting What to Expect When Your  
Wife Is Expanding: A Reassuring Month-by-Month Guide for the Father-to-Be, Whether He Wants  
Advice or Not(3rd Edition) What to Expect Before You're Expecting What to Expect When You're  
Expecting: Fourth Edition What to Expect When Parenting Children with ADHD: A 9-step plan to  
master the struggles and triumphs of parenting a child with ADHD The Elements of Journalism,

Revised and Updated 3rd Edition: What Newspeople Should Know and the Public Should Expect In  
a Dog's Heart: What Our Dogs Need, Want, and Deserve--and the Gifts We Can Expect in Return  
PRISON: what to expect in Federal Bureau of Prisons (Prison series Book 1) Illusions of Wealth:  
Actively Manage Your Investments or Expect Losses in this Volatile Economy (Black and White  
Version) The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail (Life's  
Challenges) First Things First: Understand Why So Often Our First Things Aren't First

[Dmca](#)