



The Everything Baby's First Year Book: The advice you need to get you and baby through the first twelve months (Everything®)

Marian Edelman Borden, Alison D. Schonwald

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The first twelve months of your child's life can be as challenging as they are rewarding. From birth through baby's first birthday, this revised edition guides you through all the critical milestones, focusing on such topics as:

- Breastfeeding and bottle-feeding
- Preparing food, including organic options and food allergies
- Tracking baby's development
- Traveling with baby
- Choosing safe toys and games

This edition includes completely new material on:

- Baby sign language
- Juggling parenting and a career
- Bottle safety
- Making your own baby food
- Playgroups
- The latest research on vaccines

This guide also includes updated medical information, a detailed explanation of baby gear (what parents *really* need, and what they don't), and a new chapter on returning to work. You will reach for this valuable resource time and again as you make your way through these exciting months with your beautiful new baby!

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Lynn Bailey:

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