



Your Baby's First Year For Dummies

By James Gaylord, Michelle Hagen

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Everything parents need to give their babies the best start

Each year, more than 4 million babies are born in the United States-and the first year of a baby's life is a joyous, challenging, and sometimes overwhelming time. Your Baby's First Year For Dummies serves as a complete guide for baby's first twelve months-from what to do when arriving home from the hospital to handling feeding, bathing, and sleeping routines to providing the right stimuli for optimal progress. Packed with tips on every aspect of baby's physical, emotional, and social development, this friendly guide gives parents advice on such important topics as breastfeeding vs. bottle-feeding, teething, baby toy safety, food preparation, food allergies, traveling, and much more.

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Your Baby's First Year For Dummies By James Gaylord, Michelle Hagen Bibliography

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Editorial Review

From the Back Cover

Covers monthly checkups and milestones

Your complete guide to your baby's first twelve months

Give your baby the best start! This sensible month-by-month guide is packed with encouraging advice on every aspect of your child's physical, emotional, and social development in the first year. You'll find proven tips on everything from bringing baby home and establishing feeding, bathing, and sleeping routines to coping with teething, illnesses, and traveling with your bundle of joy.

Discover how to

- Get a baby to sleep
- Bond with your baby
- Manage breast- or bottlefeeding
- Keep baby healthy and safe
- Encourage his/her development
- Handle returning to work

About the Author

Dr. James Gaylord has a dual Board Certification in Pediatrics and Internal Medicine and has been in private practice in Burnt Hills, N.Y. since 1997. He is a 1988 graduate of Albany Medical College, where he also served as an assistant professor from 1993 to 1997. His training includes a residency in Pediatrics and Internal Medicine; he also spent a year (1992-93) as chief resident in Pediatrics. He continues to train medical students in his private practice.

Michelle Hagen is a freelance writer and editor and the author of 8 books. She has a degree in literature from Empire State College.

Users Review

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