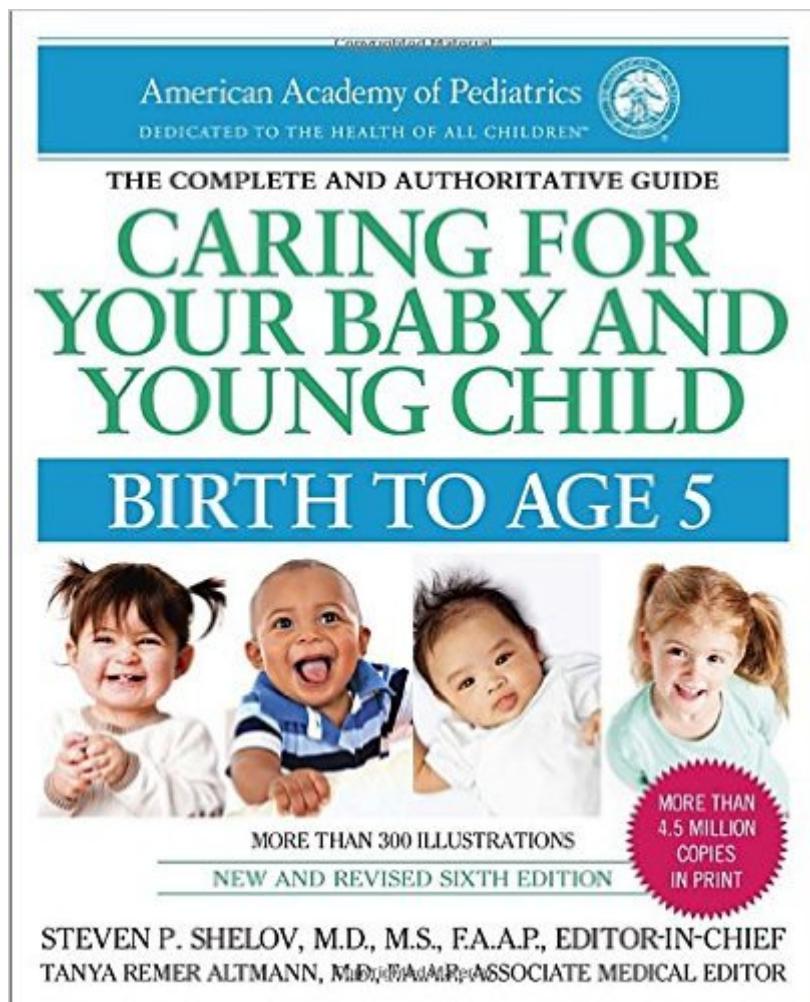


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# Caring For Your Baby And Young Child, 6th Edition: Birth To Age 5



## Synopsis

From the American Academy of Pediatrics, the most up-to-date, expert advice for mothers, fathers, and care providers. All parents want to provide the very best care for their children. This essential resource from the most respected organization on child health is the one guide pediatricians routinely recommend and parents can safely trust, covering everything from preparing for childbirth to toilet training to nurturing your child's self-esteem. Whether it's resolving common childhood health problems or detailed instructions for coping with emergency medical situations, this new and revised edition of *Caring for Your Baby and Young Child* has everything you need: a review of necessary basic care from infancy through age five; milestones for physical, emotional, social, and cognitive growth, including red flags for preventing obesity; a complete health encyclopedia covering injuries, illnesses, congenital diseases, and other disabilities; guidelines for prenatal and newborn care, with spotlights on maternal nutrition, exercise, and screening tests during pregnancy; an in-depth discussion of breastfeeding, including its benefits, techniques, and challenges, as well as nutritional needs and vitamin/iron supplementation; updated safety standards: the very latest AAP recommendations, from CPR instruction and immunizations to childproofing tips and product and toy safety; tips for choosing child care programs and car safety seats; ways to reduce your child's exposure to environmental hazards, such as air pollution and secondhand smoke; the latest reports on cutting-edge research into early brain development; updated content dedicated to sleep and allergies (including food allergies); a new chapter on the effects of media and technology exposure on children; special messages for grandparents and stepfamilies; and much more.

## Book Information

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## Customer Reviews

Most baby books on the market are just repackaged versions of the AAP recommendations anyway, so I decided to go straight to the source. Yes most of the information is stuff you could get on the internet for free, but that is true of all baby guides nowadays. The benefit of buying the book (besides not being subjected to those annoying "mom advice forums" that clog most baby websites) is that it gives a quick and concise explanation of any issue I am encountering with my baby or toddler. I use it as a quick reference guide-baby has a fever? Lets see what the book says to do. It saves me a ton of time vs. wading through a dozen internet results to find something written by an actual doctor. This guide does not try to be your sassy best friend or wise grandmother, it is a straightforward how-to guide for common issues parent will face with a typical baby.

As the parents of a newborn there is no such thing as being prepared. My wife and I read a ton of books during pregnancy, but the second our little girl arrived, we had more questions than answers and were constantly asking each other 'what do we do'. This book has been great. From breast feeding, to tummy time, coombs positive newborns, etc, this book has had an answer to every question we've wondered about so far. It is reassuring that the book comes from the American Academy of Pediatrics. It certainly helps us to feel good about taking the advice or following the recommendations that we've found in the book. They say there are no stupid questions, and this book seems to take that to heart making sure to cover even the most basic questions and myths about raising kids. I think as a parent its easy to just go to the internet and search for an answer when you are stumped or need to know what to do, but I think this book is probably a better resource. It costs more than the 'free' advice on the net, but I would think most parents like me would sleep better knowing you are actually getting correct and accurate information instead of some 'know it all' mom's advice from a blog.

Excellent resource for new parents. We jokingly refer to it as the "Baby Manual". This was suggested to us by our pediatrician when we went to interview her before our first child (It was in a different edition then). We were so impressed by it that it's our first gift to everyone we know expecting their first child.

My sister recommended this book and said her pediatrician has all the families in the practice buy a copy. It is really helpful. It goes through pretty much everything you need about safety, skills, development, and nutrition. I trust it because it's from AAP and my husband feels the same way. Some of the information is pretty subtle, but it's good. For example I think there's one line saying it's better to put your baby down while they are sleepy but awake. I didn't catch it and nursed my baby to sleep for a long time so then we had to break the habit. But if you can take those one-liners to heart this is almost all you need!

I gave this as a gift for a baby shower and the parents simply loved the book. It's a great book to reference for first time parent when it's 2 AM and you are trying to figure out what is wrong with your child. I had an older version that my pediatrician gave me and it was sooo valuable. I give it a baby shower gifts now.

I bought this for my daughter who just had her first little girl. She had so many questions and wanted to be the perfect mother. I didn't have all the answers, though I raised her, so I bought her this book. She loves it. She has read everything about her daughter's age and what to expect and what to do if this or that happens and she quotes the book to me. It has given her so much confidence! Her in-laws have been critical and pushy about how she feeds the baby and dresses and burps and now she talks back to them because she has the confidence that knowledge has given her. I'm proud of her!

Well indexed, clearly written, and it comes from the source that all the other parents' guide are going to be citing anyway. I take comfort in getting my info straight from the AAP - why mess around? While the book appears to be intimidating in size, the chapter for each age is concise and a quick read. Its heft comes from all the handy quick references. My point being: You don't have to dump hours and hours into reading a textbook to get some benefit from this book. Highly, highly recommended.

Authoritative and pretty comprehensive, but I was disappointed in two areas: sleep and pacifiers. I wanted to find out more about early waking in toddlers, and just general information on typical sleep patterns for kids of my son's age, but the chapter on the second year of life (which is where my son falls under) had just one dinky paragraph about sleep. I also wanted to read more about how to wean my son off his pacifier, but there was literally nothing about this topic in the whole book, and

only a few scant mentions of pacifiers at all.

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