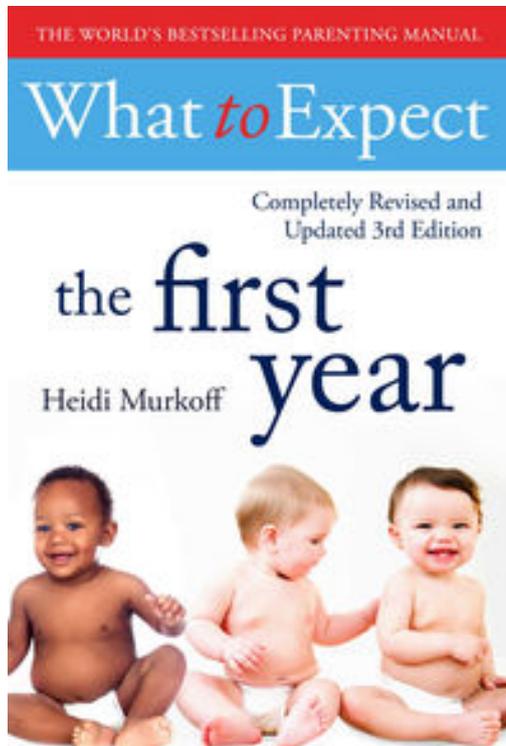


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# Leggere What To Expect The 1st Year [rev Edition] Ebook Gratuito PDF/EPUB/mobi - Heidi Murkoff & Sharon Mazel



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**FULLY REVISED AND UPDATED THROUGHOUT.**

This **comprehensive** and **practical month-by-month guide** clearly **explains everything** parents need to know - or might be worrying about - in the **first year with a new baby**.

Including:-

- **All-new chapter** on buying for baby; helping parents navigate through the dizzying gamut of baby products, nursery items and gear.
  - **Baby care fundamentals**, from crib and sleep safety to vitamin supplements.
  - **Feeding for every age and stage**, including tips on breastfeeding, preparing homemade baby food and the latest recommendations on starting solids.
- Charts for **key development stages** and sleeping habits, as well as sleep strategies that *really* work.
  - Research on the impact of **screen time** (TVs, tablets, apps, computers).
  - The most up-to-date **medical advice** on vaccines, illnesses, SIDS, safety, and more, plus handy first-aid guides.
  - **Dozens of Q&A sections, practical tips and advice** that focus on advice for parents and their baby, covering everything from how to give a bath and decode your baby's crying to when to return to work.

**This is the only book on infant care to address both the physical and emotional needs of the whole family. This edition is organised more intuitively than ever before.**

Covering the **most up-to-date knowledge**, both medical and developmental, *WHAT TO EXPECT THE 1st YEAR* is, above all, down-to-earth and reassuring - and an **invaluable aid** for all **parents of new babies**.

*Praise for the What to Expect series:-*

'Written by mothers, for mothers, full of eminently practical advice.' ***New Generation***

'Worth its weight in gold.' ***Living Today***

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