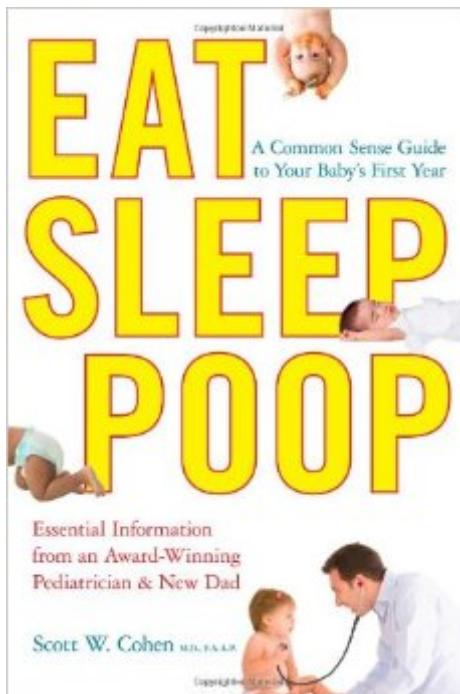


The book was found

Eat, Sleep, Poop: A Common Sense Guide To Your Baby's First Year



Synopsis

Written during award-winning pediatrician Dr. Scott W. Cohen's first year as a father, this book is the only one to combine two invaluable perspectives—the doctor's and the new parent's. The result is a refreshingly engaging and informative guide that includes all you need to know at each age and stage of your child's first year. Drawing on the latest medical recommendations and his experiences at home and in the office, Dr. Cohen covers everything from preparing for your baby's arrival to introducing her to a new sibling, to those three basic functions that will come to dominate a new parent's life. Eat, Sleep, Poop addresses questions, strategies, myths, and all aspects of your child's development. In each instance, Dr. Cohen provides a thorough overview and a simple answer or explanation: a common sense bottom line, yet he doesn't dictate. The emphasis is on doing what is medically sound and what works best for you and your baby. He also includes fact sheets, easy-to-follow diagnosis and treatment guides, and humorous daddy vs. doctor sidebars that reveal the learning curve during his first year as a dad. Lively, practical, and reassuring, Eat, Sleep, Poop provides the knowledge you need to parent with confidence, to relax and enjoy baby's first year, and to raise your child with the best tool a parent can have: informed common sense.

Book Information

Paperback: 304 pages

Publisher: Scribner; 1 edition (March 30, 2010)

Language: English

ISBN-10: 1439117063

ISBN-13: 978-1439117064

Product Dimensions: 6.1 x 0.7 x 9.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars (See all reviews) (133 customer reviews)

Best Sellers Rank: #66,661 in Books (See Top 100 in Books) #175 in Books > Health, Fitness & Dieting > Children's Health #297 in Books > Parenting & Relationships > Parenting > Early Childhood

Customer Reviews

First, allow me: What a great title, no? Dr. Cohen is a pediatrician who's written what, in my humble opinion, is one of the better books on the market for new parents. He's written it with humor and common sense, but above all, with a certain gentleness that comes from not only being a doctor,

but also a new father. My son is now turning six months old. The first time my wife left me alone with him, I was petrified: what, I screamed--in my head--should I do if he suddenly erupted in a torrent of crying? How do I tell what's wrong with him? Rachael joked that if only she had a flowchart, I could follow the prompts to find out what to do in each case: diaper? Check. Hungry? Check. Imagine my most pleasant surprise to find that the good doctor--the good man!--has done this very thing for me. That alone is worth the price! Turn to page 147 and see the wonderful "Crying at Random Times" flowchart. There are others that are invaluable to a left-brain (or is that right-brain) engineer like me. Even reading the table of contents speaks to a calmness, a kind of lessening that parental anxiety: Chapter 1 is titled Prepare--Save the Date. Chapter 2, Welcome--Your Baby Comes Home, further distilled into 'The Apgar Score' (yeah, what the heck is that anyway?), Antibiotic Eye Ointment, Cord Care. Chapter 9: Hachooo!--Common First Year Health Concerns. And so on--the chapter on vaccinations is a must-read, it certainly helped me make what I think is the proper decision to not only vaccinate my son but to do so on the suggested schedule. Each chapter is filled with exceptional, generalized information in clear, non-medical and easily digestible prose.

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

Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respiromics) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Baby Sleep Training: How to Get Baby to Sleep Through Night Well Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) The Sleep Ladyâ®'s Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and

a Good Night's Sleep Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night: Foreword by William Sears, M.D. Chart Sense for Writing: Over 70 Common Sense Charts with Tips and Strategies to Teach 3-8 Writing Chart Sense: Common Sense Charts to Teach 3-8 Informational Text and Literature The Effective Baby Sleep Training: Gentle, Non "Cry It Out" & Breastfeeding-Friendly Methods to Match Your Baby's Personality (Revised Edition) Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk, Third Edition Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care)

[Dmca](#)