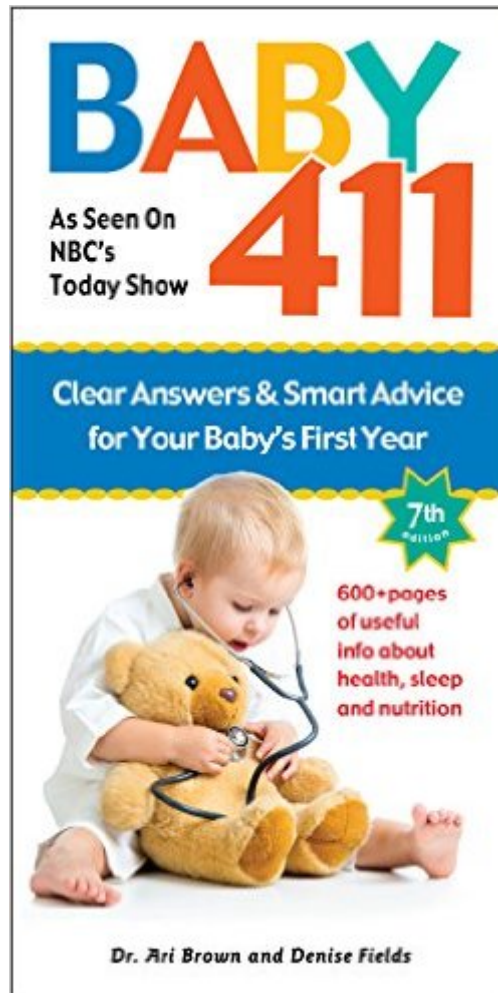


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# Baby 411: Clear Answers And Smart Advice For Your Baby's First Year



## Synopsis

"(Baby 411 is) my go-to reference so I don't bother Charlotte's pediatrician!" —Chelsea Clinton (US Weekly, Sept. 2015). You are having a baby! Congratulations! Now, the reality hits you — "what the heck am I doing?" What if you could bottle the wisdom of all those parents who've come before you . . . and mix it with the solid medical advice from an nationally-renowned pediatrician? Baby 411 is the answer! Think of it as the ultimate FAQ for new parents. Inside you'll learn:

- How to pick a pediatrician with savvy questions to ask and insider tips.
- Sleep. The best way to get your baby to sleep through the night.
- First aid — when to worry, when not . . . and what to do when baby gets sick. No-nonsense, down-to-earth advice you can trust.
- Fussy baby 411. Is it colic? Acid reflux? Or something else? Discover the secrets to soothing a fussy baby.
- Detailed nutrition info with a step-by-step guide for successful breastfeeding, introducing solid food and the "new and improved" formulas. Plus: simple steps to avoid food allergies!
- Is my baby normal? Learn how your baby will grow and develop!

New in this revised 7th edition:

- Simple ways make your baby smarter: talk time, the latest research and tips!
- The baby-led weaning fad — why it is dangerous ... and how to best introduce solid foods safely!
- Home hazards: how to baby proof your house with easy to follow tips and advice!
- Teething necklaces and other internet crazes to avoid!

All that and more in the new, updated and revised BABY 411!

## Book Information

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## Customer Reviews

This book has good information, but the structure of the material really makes it hard to consume. It

feels like the authors had great info, but then the publisher ruined it. First of all, it's in an FAQ format, with general groupings of information, but not really set up in a way to make it easy to consume. This would maybe be really good as a website with a search field, but at 600 pages, it's a bit much. More problematic, though, is the format. This was clearly designed to look impressive on a shelf, without a thought for the fact that people would actually have to READ it for it to do them any good. The biggest problem here is that the dimensions of the book make it really hard to hold open. It's tall but skinny, and really thick, making it very hard to hold open. Forget trying a leisurely read in bed. Second of all, to set off sections, some are printed in black over a darkish gray, extremely hard on the eyes. I got about half-way through, then gave up. This may all sound nit-picky, but when trying to wade through all of the info thrown at new parents, having a book actively fight allowing you to extract that information is more than you should have to put up with.

I love this book. I'm a physician and the mother of a 10 month old daughter. Buying this book when I was pregnant was one of the smartest things I did. Sometimes my mommy-mind clouds my doctor-mind and I find myself overly anxious about silly things- this book keeps me sane. It really is the closest thing you will ever get to a baby owner's manual. It talks about expectations, tips, tricks, and everything is evidence based. The authors regularly cite their sources, and their information is in line with the latest from the American Academy of Pediatrics. The format is easy to read and understand, so when you have a panic moment at 3am and your colicky child is pushing you to the limits, you can bust this book open and it will walk you through life saving tips. Even ten months into this adventure of parenthood this book still lives on my nightstand, and I still consult it regularly. It's also changed how I interact with patients, I find myself quoting it regularly, and I feel good about doing so as the information in the book is very evidence based. I recommend this book to all of my patients. It's the first item on my 'New Baby Must Haves' list, and I sing its praises to new parents before they're discharged from the hospital. I have yet to have a patient tell me they haven't appreciated its advice. I can't recommend this book high enough. I love, love, LOVE it- as a first time mommy, and as a Family Medicine doctor.

This book is a lifesaver for new moms. It is FULL of useful information that helps put you at ease no matter what situation you are in as a parent. It's not necessarily a book I would read cover to cover, but more a point of reference when you have any type of question involving your baby. It has a wonderful glossary in the back that you can use anytime you have a question. And the book covers everything from the first questions you need to be thinking about before you deliver, to different

parenting styles and how to be on the same page, how much your baby should be eating at different ages, how much they should be sleeping, when to introduce solids, milestones a baby reaches and when, and my favorite - what to do when your child has (insert symptom). It walks you through what you should do (wait it out, call the doctor, home remedies, etc.) depending on your child's age, symptoms, and the severity of them. It put me at ease every time my daughter experienced her first everything. Definitely one of my go-to gifts for any new mom.

This is a great book and reference for new (and returning) parents. You will always forget what to ask your family physician or pediatrician, so this book is a nice supplement. I am a full scope Family Medicine physician and find it to be accurate in terms of information it gives to the general public. I actually recommend this book to new parents, and have bought it as gifts for family and friends. Highly recommend.

This book was recommended by pediatrician, and was a super read for a new mom. Has lots of advice on baby AND mommy things. Not a super large book, very to the point and easy to read/skim when in a hurry to find content. Table of contents is very thorough as well takes you straight to the area you needed to be.

"Baby 411" is a must-have for parents, grandparents and caregivers! I bought this for the first time 7 years ago when my first grandchild was born - not only did his parents read it - but we grandparents read it. It is an excellent, thorough, reference book on baby's first year. I give it to every first time parent at their baby shower - I've lost count of how many I have bought. Clear and concise explanations - everything you need to know in one place - and it is updated at regular intervals. Recommend it highly!

I'm a little out of touch with what to get people for their baby showers so I asked around the office and was greeted with an enthusiastic endorsement of this book. I purchased it and gave it to the mom-to-be. Her husband sent me a note the next day saying the book was great, he had already started reading it, and the thank you note that I received from the mom was effusive with praise for this book. It will be my go-to shower gift for the future.

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