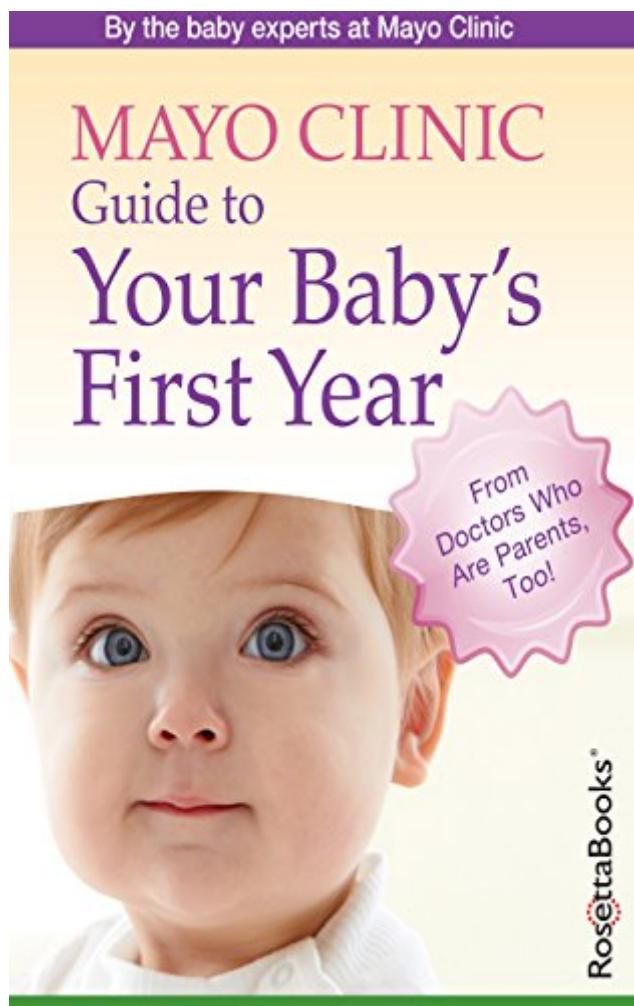


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# Mayo Clinic Guide To Your Baby's First Year



## **Synopsis**

Becoming a new parent is both exhilarating and overwhelming. Being thrust into a new world of responsibility for a tiny human being can leave you feeling unprepared for the task. Now, Mayo Clinic Guide to Your Baby's First Year gives the clear guidance new parents are looking for from the trusted experts at Mayo Clinic. This easy-to-use yet comprehensive how-to manual provides answers and explanations to the questions and concerns of new parents. From baby-care basics to month-by-month development to common illnesses to health and safety, this book covers it all. There's also a wealth of tips and advice for couples coping with the many changes to daily life that come with parenthood, as well as full-color photography and graphics throughout the book. The companion book to Mayo Clinic Guide to a Healthy Pregnancy, this is the second in a series of parenting guides by Mayo Clinic's pediatric experts who, as active parents, can personally relate to the joys and challenges of parenthood. Mayo Clinic Guide to Your Baby's First Year is a one-stop resource for caring for a newborn that all parents can trust.

## **Book Information**

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## **Customer Reviews**

There are a million of these kinds of books, so it was hard to settle on just one. To narrow the field, I

essentially eliminated any books that were just by some random person. Having a wacky personality or a bold new insight into childhood development may be good for spicing up an episode of Dr. Oz, but I prefer a book that has the backing of some kind of medical institution. I was pretty sure that meant a book from the American Academy of Pediatrics. Sounds good, right? My big problem with the AAP books was that there were just too many of them. A book on "taking your baby home." A book on his first month. A book on his first year. A book on his first five years. A book on his third Tuesday through his ninth winter solstice. All very fine books, judging by reviews, but the whole collected seemed a bit too incoherent to me. And did I really need an encyclopedia's worth of literature to get this kid through his first year? Then there's this book. A measly handful of reviews, which is odd, considering it's the follow up to the well-reviewed Mayo Clinic Guide to a Healthy Pregnancy. That was our pregnancy book of choice, and we thought it was great. So we went for it, and I'm happy to say that this book is just as great. To me, the most important thing about this book is that it's got balance. It's readable, with enough humor to keep you interested, but not so much as to be cloying and false. It's not a roller coaster of hilarity written in the style of a home appliance manual or a midcentury scouting guidebook, but there's a good joke here and there. And it steers you in the right direction, laying out the pros and cons of each decision you need to make, but it doesn't get preachy. There's no agenda other than what's best for mother and child.

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