



Your Baby's First Year Week by Week

By Glade B. Curtis, Judith Schuler

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Let the trusted authors of *Your Pregnancy™ Week by Week*—the book you relied on while you were pregnant—guide you through baby’s remarkable, sometimes mind-boggling first year. With easy-to-understand information at your fingertips, you’ll know what to look for and understand what’s happening. This book will provide you with the skills necessary to support and encourage baby’s growth.

Thoroughly revised and updated, *Your Baby's First Year™ Week by Week* includes the latest pediatric guidelines and recommendations, plus more than 50 new topics—everything from food allergies to cord-blood banking. It also features the essential milestones of baby’s social, emotional, intellectual and physical development on a weekly basis. Valuable information includes:

- **Common medical problems:** what to look for and when to call baby’s pediatrician
- **Bonding with baby:** from baby massage to talking, what you can do to create a meaningful connection
- **Feeding baby:** breast milk or formula? and introducing solids
- **Sleeping habits:** how to improve the situation for the entire family
- **Vaccination guidelines:** learn about the latest recommendations from the American Academy of Pediatrics (AAP)
- **Playing with baby:** how to help develop baby’s cognitive, social and motor skills through play and with toys, many of them homemade
- **Baby gear:** the latest on carriers, high chairs, swings, cribs, clothing, diapers and everything else you may need

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Editorial Review

Review

***Deseret News*, 5/11/10**

“A concise and easy-to-understand guidebook for each week of your baby's life. Busy parents will find a wealth of information they can absorb in small snippets according to the age of their child... When compared to other child-care books on the market, *Your Baby's First Year, Week by Week* has a wealth of information. You won't just learn general facts about how your baby should be moving and growing—the weekly format allows you to learn in great detail how your child should be acting, moving and growing.”

***Tucson Citizen*, 5/13/10**

“A guide that new mothers and fathers have come to depend on. Each of the fifty-two weeks of the baby's first year features a wealth of medical facts in addition to invaluable coping and planning advice.”

***Tundraco's Daily Living Guide*, 3/3/10**

“An essential reference for all mothers and mothers-to-be... First time moms will find the guidance that the book offers will help soothe their new-mom nerves and to help them learn what their baby should be doing—and about when.”

***InfoDad.com*, 3/25/10**

“Outstanding... 658 pages of clear, carefully written information—much of it highlighted in easy-to-read boxes... Filled with so much material that, even if your child does not follow the exact order in which the data are presented (and he or she probably won't), the book is excellent at putting early developmental milestones and difficulties in perspective... A useful, trusted resource... Parents who refer to it often during their baby's first year will find it packed with solid information, intelligently presented.”

***Bookviews.com*, April 2010**

“Filled with information on every aspect from common medical problems, feeding, bonding with your baby, sleeping habits, vaccination guidelines, and baby gear among many other topics. This is an invaluable guide for new parents and those expecting their first child.”

About the Author

Glade B. Curtis, MD, MPH, is board-certified by the American College of Obstetricians and Gynecologists and the father of five. He lives in Utah.

Judith Schuler, MS, the mother of one son, has a master's degree in Consumer and Family Studies. She divides her time between Wyoming and Arizona.

Users Review

From reader reviews:

Christine Hughes:

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