



Your Baby's First Year: Fourth Edition

American Academy Of Pediatrics

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The one guide pediatricians most recommend—now completely revised and updated!

From the American Academy of Pediatrics, the nation's most trusted name in child care, comes *Your Baby's First Year*, the definitive all-in-one resource that provides authoritative advice on every aspect of infant care. Featuring new and expanded content, including the latest reports on cutting-edge research into early brain development, the fully illustrated fourth edition of *Your Baby's First Year* includes

- Guidelines for prenatal care, with spotlights on maternal nutrition, exercise, and screening tests during pregnancy
- Growth and developmental milestones through the first twelve months of a child's life, including physical, emotional, and cognitive development
- An updated chapter on developmental disabilities
- A complete health encyclopedia covering injuries, illnesses, and congenital diseases
- Breastfeeding discussion, including its benefits, techniques, and challenges, as well as nutritional needs and vitamin/iron supplementation
- Recommendations for choosing child care programs
- Updated safety standards: the very latest AAP recommendations, including immunizations, childproofing, and toy safety
- Safety checks for home, including bathing, preventing drowning, poisoning, choking, burns, and falls
- Car safety, including information on car safety seats
- And much more

Comprehensive, reassuring, and up-to-date, *Your Baby's First Year* is an indispensable guide for parents everywhere.

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