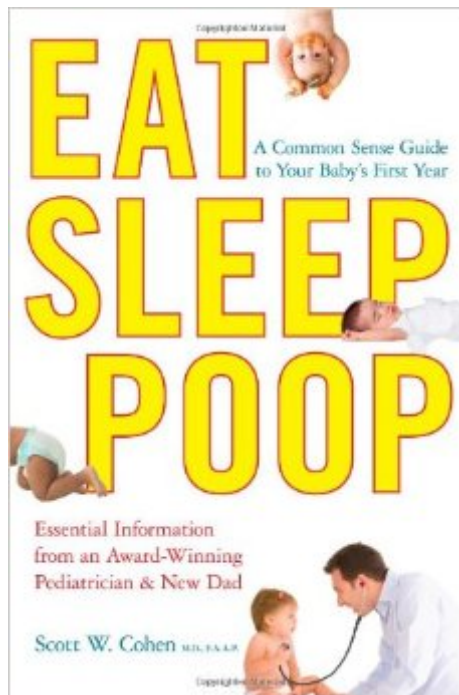


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# Eat, Sleep, Poop: A Common Sense Guide To Your Baby's First Year



## 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

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## 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.

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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)  
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