



Baby 411: Clear Answers and Smart Advice for Your Baby's First Year

Ari Brown, Denise Fields

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"(Baby 411 is) my go-to reference so I don't bother Charlotte's pediatrician!"?Chelsea Clinton (US Weekly, Sept. 2015).

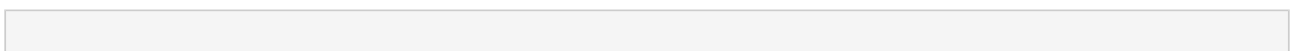
You are having a baby! Congratulations! Now, the reality hits you—what the heck am I doing? What if you could bottle the wisdom of all those parents who've come before you . . . and mix it with the solid medical advice from an nationally-renowned pediatrician? Baby 411 is the answer! Think of it as the 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!



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