



First-Time Parent: The Honest Guide to Coping Brilliantly and Staying Sane in Your Baby's First Year

Lucy Atkins

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Anticipating the questions and concerns of all new mothers—*Why does my baby cry so much? Will I ever lose all this weight? Am I a bad parent because . . .?*—this guide provides practical advice and level-headed reassurance for new parents. Subjects include the lowdown on the equipment you really need (as opposed to what the department store tells you), advice on how to cope with the first few hours, and secrets to surviving the first few days. A section on crying covers why your baby cries, what to do about it, and why you'll want to cry, too, while the section on eating covers breastfeeding, supplemental feeding, moving to solids, and nutrition. The stages of a baby's physical and mental development are outlined, as are ideas for play that are actually fun. Information on single parenting, and on adopted, multiple, and special needs babies is also included.

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