



Baby Facts: The Truth about Your Child's Health from Newborn through Preschool

By Adesman, Andrew

Wiley, 2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by William Sears, M.D.Acknowledgments.Introduction.The problem: Myth and misinformation.The solution: BabyFacts.Chapter 1: From Milk to Cookies.The truth about feeding and nourishing your child.Breast-feeding and bottle-feeding: Facts and fiction (and lots of opinions).Cow's milk: What kind, when, and just how much.Real food: When milk isn't the only thing on the menu.Sugars: The lowdown on sweet stuff.Weight gain: What's to blame, and when it's an issue.Chapter 2: Lights Out, Kiddo.The truth about getting your child to sleep.Safe sleep: The best position, 52Good sleep: From naps to nighttime sleep, from bassinets to beds, 55Co-sleeping: When three isn't a crowd, 67After the crib: Big-kid beds, night-lights, and things that go bump, 71Chapter 3: From Bathtub to Booties.The truth about keeping your baby clean and comfortable, from head to toe.Clean and dry: Skin-care tips and bath-time basics.Baby clothes 101: Dressing your baby.Safe in the sunshine: Protecting your skin.Chapter 4: Diapers, Disposable Training Pants, and Potties.The truth about diapering and toilet training.Diapers (and a bit of digestion): Don't do anything "rash".On to the potty: The moment you've been waiting for (and you may have to wait a while).Chapter 5:...



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