

Forget unrealistic childcare manuals—this is the book new parents will really need to help cope brilliantly with the first chaotic days and months. In a humorous style, the book begins with that first mind-blowing day and addresses the issues unique to the first-time parent who stares at their newborn and thinks Where are the instructions? 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..., the book provides practical advice and level-headed reassurance. It addresses the needs of the baby and, very importantly, those of the parent during the first year of their baby's life. Contents include: the equipment and kit new parents really need, how to cope with the first few hours, coming home, bonding, how to survive the first few days, and sleeping. New moms and dads will also learn about the baby's crying, feeding their child, the baby's physical and mental development, health considerations for baby and parent, the changing mother-father relationship, and coping with being at home and with going back to work. This guide also includes information on single parenting, and on adopted, multiple and special needs babies.

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