



### **Of Note**

- The Hospital for Sick Children is one of the foremost children's hospitals in the world
- Since 1875 it has been providing specialized care for infants, toddlers and all children up to 18 years of age
- Taking care of your baby is one of life's biggest and most important challenges
- There is so much conflicting information available on the Internet, how can one be sure whom to trust?
- *Baby Care Basics* replaces uncertainty with knowledge and insecurity with confidence
- This book is based on the most current research and recommendations, it answers the questions every new parent has on a daily basis, providing practical, expert advice on everything you need to know from pregnancy through your baby's first year

### **Newsworthy Talking Points for Baby Care Basics**

- Prenatal testing – to test or not to test?
- Immunization and vaccines
- Infant allergies
- Medications that are safe and unsafe in pregnancy
- Co-sleeping
- Diapers – disposable or washable?
- Circumcised or uncircumcised?
- Nutrient supplements
- Postpartum depression

### **Topics include**

- Planning for Your Baby
- Your Baby's First Few Days
- Feeding Your Baby
- Your Baby's First Month
- Helping Your Baby Sleep
- Your Baby's Months 2 to 6
- Introducing Solid Food
- Your Baby's Months 7 to 12
- Protecting Your Baby
- Caring for Your Sick Baby

### **Possible Excerpts**

- 10 Steps for a Healthy Pregnancy
- How to Choose Your Baby's Doctor
- How to Select Your Baby's Sleeping Space
- How to Swaddle Your Baby
- How to Feed Your Baby with a Bottle
- How to Interpret Crying
- How to Calm a Colicky Baby