

The Baby Book: How To Enjoy Year One - Rachel Waddilove

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An experienced maternity nurse and mother offers practical advice on coping with your babys first year. Rachel Waddilove has worked for many years as a private maternity nurse; her clients include Gwyneth Paltrow. In this book, she draws on her considerable professional and personal experience to advise young parents on everything they need to know about looking after a baby in its first year. Areas covered include: needs for the nursery, coming home from hospital, breast feeding vs bottle feeding, establishing a routine, sleep, crying, and introducing solid food. In addition to the host of practical information given, Rachel also considers the emotional and social aspects of becoming a parent. Rachels down-to-earth style and wealth of experience makes this an essential guide for new parents, expectant parents, and all who want the best care for their children. Author: Waddilove, Rachel Publisher: Lion UK Illustration: N Language: ENG Title: The Baby Book: How to Enjoy Year One Pages: 00192 (Encrypted EPUB) On Sale: 2006-10-01 SKU-13/ISBN: 9780745952130 Category: Family & Relationships : Parenting - General

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