



# **Caring for Your Baby and Young Child, 6th Edition: Birth to Age 5**

*American Academy Of Pediatrics*

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# Caring for Your Baby and Young Child, 6th Edition: Birth to Age 5

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**Caring for Your Baby and Young Child, 6th Edition: Birth to Age 5** American Academy Of Pediatrics  
**From the American Academy of Pediatrics, the most up-to-date, expert advice for mothers, fathers, and care providers**

All parents want to provide the very best care for their children. This essential resource from the most respected organization on child health is the one guide pediatricians routinely recommend and parents can safely trust, covering everything from preparing for childbirth to toilet training to nurturing your child's self-esteem. Whether it's resolving common childhood health problems or detailed instructions for coping with emergency medical situations, this new and revised edition of *Caring for Your Baby and Young Child* has everything you need:

- a review of necessary basic care from infancy through age five
- milestones for physical, emotional, social, and cognitive growth, including red flags for preventing obesity
- a complete health encyclopedia covering injuries, illnesses, congenital diseases, and other disabilities
- guidelines for prenatal and newborn care, with spotlights on maternal nutrition, exercise, and screening tests during pregnancy
- an in-depth discussion of breastfeeding, including its benefits, techniques, and challenges, as well as nutritional needs and vitamin/iron supplementation
- updated safety standards: the very latest AAP recommendations, from CPR instruction and immunizations to childproofing tips and product and toy safety
- tips for choosing child care programs and car safety seats
- ways to reduce your child's exposure to environmental hazards, such as air pollution and secondhand smoke
- the latest reports on cutting-edge research into early brain development
- updated content dedicated to sleep and allergies (including food allergies)
- new chapter on the effects of media and technology exposure on children
- special messages for grandparents and stepfamilies
- and much more

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