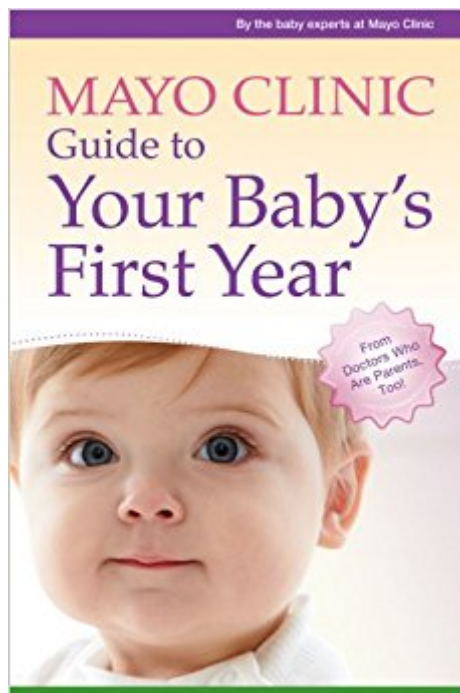




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# Mayo Clinic Guide To Your Baby's First Year: From Doctors Who Are Parents, Too!



## Synopsis

Yikes, you're suddenly parents, home alone with your brand-new baby! Where's your own mother or smart friend; where's your pediatrician; when you desperately need reassurance and advice? Mayo Clinic Guide to Your Baby's First Year is a steady, ever-present source of both information and wisdom. When you're faced with a perplexing development, reach for this complete Guide by the baby experts at the renowned Mayo Clinic; doctors who are also parents. When you wonder what might happen next, check the "Month-by-Month Growth and Development" pages of this trusted companion.

## Book Information

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## Customer Reviews

There are a million of these kinds of books, so it was hard to settle on just one. To narrow the field, I essentially eliminated any books that were just by some random person. Having a wacky personality or a bold new insight into childhood development may be good for spicing up an episode of Dr. Oz, but I prefer a book that has the backing of some kind of medical institution. I was pretty sure that meant a book from the American Academy of Pediatrics. Sounds good, right? My big problem with the AAP books was that there were just too many of them. A book on "taking your baby home." A book on his first month. A book on his first year. A book on his first five years. A book on his third Tuesday through his ninth winter solstice. All very fine books, judging by reviews, but the whole collected seemed a bit too incoherent to me. And did I really need an encyclopedia's worth of literature to get this kid through his first year? Then there's this book. A measly handful of reviews, which is odd, considering it's the follow up to the well-reviewed Mayo Clinic Guide to a Healthy

Pregnancy. That was our pregnancy book of choice, and we thought it was great. So we went for it, and I'm happy to say that this book is just as great. To me, the most important thing about this book is that it's got balance. It's readable, with enough humor to keep you interested, but not so much as to be cloying and false. It's not a roller coaster of hilarity written in the style of a home appliance manual or a midcentury scouting guidebook, but there's a good joke here and there. And it steers you in the right direction, laying out the pros and cons of each decision you need to make, but it doesn't get preachy. There's no agenda other than what's best for mother and child.

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