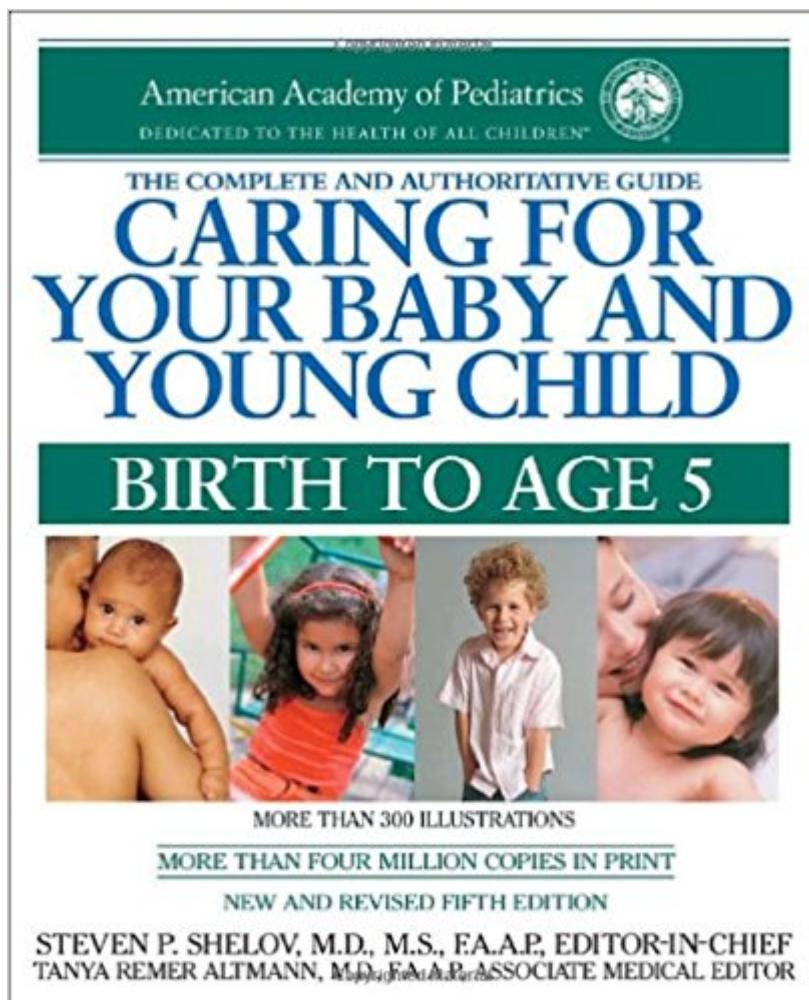


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# Caring For Your Baby And Young Child, 5th Edition: Birth To Age 5



## Synopsis

The most up-to date, expert advice for mothers, fathers and care providers from the American Academy of Pediatrics. From the most respected organization on child health comes this essential resource for all parents who want to provide the very best care for their children. Here 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, *Caring for Your Baby and Young Child* has everything you need.

- Basic care from infancy through age five
- Guidelines and milestones for physical, emotional, social, and cognitive growth
- A complete health encyclopedia covering injuries, illnesses, congenital diseases, and other disabilities
- Guidelines for prenatal and newborn care with sections on maternal nutrition, exercise, and screening tests during pregnancy
- An in-depth guide to breastfeeding, including its benefits, techniques, and challenges
- A complete guide for immunizations and updated information on vaccine safety
- A guide for choosing child care programs and car safety seats
- Ways to reduce your child's exposure to environmental hazards, such as secondhand smoke
- Sections on grandparents, building resilience, media, and multiples
- New chapters on sleep and on allergies, including food allergies
- New content on prebiotics and probiotics, organic foods, and other healthy lifestyle topics
- And much more...

## Book Information

Age Range: Baby - 12 years

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (224 customer reviews)

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## Customer Reviews

With so much information on children's health to be found on the Internet, and many other books giving advice on child-rearing, is this reference book worth buying? The answer is yes! Consider the following four upsides of this "Complete and Authoritative Guide... New and Revised Fifth Edition" (per the front cover):1. IT'S TRUSTWORTHY. The American Academy of Pediatrics (AAP), which according to its Web site represents 60,000 pediatricians, publishes it. Over 100 pediatricians (and 4 dentists) contributed to the book. The information is sound and up-to-date as of 2009. The opinions expressed are "mainstream" (not "fringe"), which is reassuring since child-rearing is stressful.2. IT'S WIDE-RANGING (and some may go farther in describing it as "complete" or "comprehensive"). Although no book can be all things to all people, it contains important information on many common health and behavior problems, and it gives advice on when problems might be so serious that you should bring the child to a doctor.3. IT'S RELATIVELY EASY TO READ AND USE. The authors write clearly and concisely. Although some jargon is present (e.g., "flat angioma"), that is held to a minimum. The organization into Part 1 (pages 1-506, covering normal development and needs chronologically from birth to age 5\*) and Part 2 (pages 507-848, covering specific health issues from "Abdominal/Gastrointestinal Tract" to "Emergencies" to "Your Child's Sleep") is logical. You'll find the index quite useful for locating info (but see "B" below). Numerous drawings and text boxes complement the body of the text.4. IT'S IMPROVED FROM THE FOURTH (2004) EDITION, with 145 more pages.

We asked our nurse practitioner about some advice from *The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two* (Revised and Updated Edition) and she warned us that Dr. Sears was out of date, we should buy this book instead. So we did. But I have to say it is disappointing (particularly coming off a well written book like the Sears book). I check this book for "modern updates", but honestly, every time I go to look something up in here, my wife says "It probably won't be in there, try Dr. Sears." Part of the problem is that this book has a poor index. Interested in sleep positions? It's not in the index -- not as sleep position or position sleep, back sleeping or even Back to Sleep (the AAP's campaign to get kids on their back). If you happen to look up SIDS, sleep position is in the text -- just not the index (and if you already know that sleep position is a factor in SIDS, you probably don't need to look it up). If you can read and digest a nearly 900 page book, you will have the information. But I hope you are not in a hurry. The organization and chapter scopes are also inconsistent. For example, there is good material on reflexes in the section on Growth and Development in the chapter called "The First Month". Although this chapter is supposed to be on the first month, this section talks about some things that

last for several months or even years and often without clear indication which time frame is being discussed (note: there are similar chapters for time frames up to five years). Taken literally, the book says that babies in their first month need "a balanced experience of freedom and limits.

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