



# Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year

*Scott W. Cohen*

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Written during award-winning pediatrician Dr. Scott W. Cohen's first year as a father, this book is the only one to combine two invaluable "on the job" perspectives—the doctor's and the new parent's.

The result is a refreshingly engaging and informative guide that includes all you need to know at each age and stage of your child's first year. Drawing on the latest medical recommendations and his experiences at home and in the office, Dr. Cohen covers everything from preparing for your baby's arrival to introducing her to a new sibling, to those three basic functions that will come to dominate a new parent's life. *Eat, Sleep, Poop* addresses questions, strategies, myths, and all aspects of your child's development. In each instance, Dr. Cohen provides a thorough overview and a simple answer or explanation: a "common sense bottom line," yet he doesn't dictate. The emphasis is on doing what is medically sound *and* what works best for you and your baby. He also includes fact sheets, easy-to-follow diagnosis and treatment guides, and humorous daddy vs. doctor sidebars that reveal the learning curve during his first year as a dad.

Lively, practical, and reassuring, *Eat, Sleep, Poop* provides the knowledge you need to parent with confidence, to relax and enjoy baby's first year, and to raise your child with the best tool a parent can have: informed common sense.



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The feeling that you get from Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year is the more deep you digging the information that hide within the words the more you get thinking about reading it. It doesn't mean that this book is hard to be aware of but Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year giving you thrill feeling of reading. The article writer conveys their point in selected way that can be understood by simply anyone who read the idea because the author of this guide is well-known enough. This specific book also makes your own vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this particular Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year instantly.

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