

Great Expectations: A Parent's Guide to Baby's First Year

Congratulations on the birth of your baby! This is an exciting and challenging time, and we're here to help you navigate it with confidence. Great Expectations is your comprehensive guide to baby's first year, covering everything from feeding and sleeping to milestones and development.



Great Expectations: Baby's First Year by Sandy Jones

★★★★☆ 4.2 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

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Feeding

One of the most important things you'll do for your baby is feed them. Breastfeeding is the ideal way to nourish your baby, but it's not always possible or practical. If you choose to formula feed, there are many high-quality formulas available.

Here are some tips for feeding your baby:

- Feed your baby on demand, not on a schedule.

- Breastfeed for as long as you and your baby are comfortable.
- If you're formula feeding, follow the instructions on the formula can.
- Burp your baby frequently to help them get rid of gas.
- Don't overfeed your baby.

Sleeping

Newborns sleep a lot, but they don't sleep for very long at a time. You can expect your baby to wake up every 2-3 hours to eat. As your baby gets older, they'll start to sleep for longer stretches at night.

Here are some tips for helping your baby sleep:

- Create a regular sleep routine.
- Make sure your baby's bedroom is dark, quiet, and cool.
- Swaddle your baby to help them feel secure.
- Use a white noise machine to help block out noise.
- Don't let your baby get overtired.

Milestones

Your baby will reach many important milestones in their first year. These milestones include:

- Holding their head up
- Rolling over
- Sitting up

- Crawling
- Pulling themselves up to stand
- Taking their first steps
- Saying their first words

Every baby is different, so don't worry if your baby doesn't reach these milestones exactly on schedule. If you're concerned about your baby's development, talk to your doctor.

Development

Your baby's brain and body will grow and develop rapidly in their first year. Here are some of the things you can expect:

- Your baby's head will grow significantly.
- Your baby's weight will triple.
- Your baby's eyesight will improve.
- Your baby's hearing will develop.
- Your baby's motor skills will develop rapidly.
- Your baby's cognitive skills will develop rapidly.
- Your baby's social skills will develop rapidly.

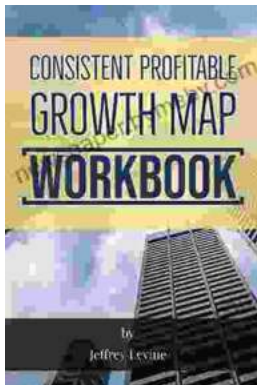
The first year of your baby's life is an amazing and unforgettable time. It's a time of great joy, but it can also be challenging. With Great Expectations as your guide, you can navigate this time with confidence and help your baby thrive.



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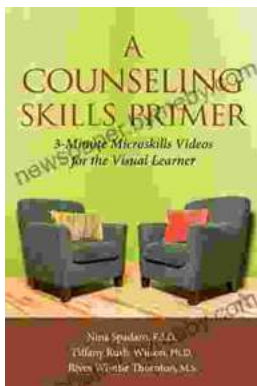
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