



# The First Twelve Months of Life: Your Baby's Growth Month by Month

*Frank Caplan, Theresa Caplan*

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The bestselling classic more than two million parents have depended on... *The First Twelve Months Of Life*.

For over twenty years, this invaluable book has been helping parents understand their new babies: from what an infant knows and feels at each stage of development to what he or she needs from a parent to grow and thrive. Now completely updated to include the latest information on everything from breast-feeding versus bottle-feeding to coping with colic and choosing a reliable sitter, *The First Twelve Months Of Life* is the definitive child-care resource. Featuring:

- monthly grow charts that reveal how your baby's motor, language, mental, and social skills develop
- reassuring answers to the questions most parents ask
- brief overviews of what to expect from your baby each month
- proven techniques for soothing crying babies, solving sleep problems, and dealing with diaper rash, fear of strangers, and teething
- essential information on when to call a doctor and the best schedule for immunizations
- plus more than 150 fascinating photos

Whether you're a first-time parent or an old hand, you'll find that *The First Twelve Months Of Life* offers a rewarding glimpse into your baby's world that will only deepen your appreciation of the wondrous strides he or she is about to make.

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