



The Other Baby Book: A Natural Approach to Baby's First Year

Megan McGrory Massaro, Miriam J. Katz

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What if the rules of modern motherhood were turned upside down? *The Other Baby Book: A Natural Approach to Baby's First Year* guides new and expecting mamas on a journey past "shoulds" and "musts," back to the heart of true joy and relationship. Motherhood has been targeted by advertisers, and bombarded by opinions masquerading as medical necessities. Massaro and Katz are helping mothers reclaim a simpler, more connected first year with their babies.

Readers will find eight fun-to-read chapters filled with baby-friendly practices, along with stories from moms in-the-know. In a soothing yet sassy voice, the authors present compelling research on topics like birth, holding your baby, breastfeeding, infant sleep, pottying babies (yes, really!), sign language, baby-led solids, and self-care for moms. The book also features contributions from leading practitioners in baby care: Dr. James McKenna, Dr. Janet Zand, Naomi Aldort, Gill Rapley, Nancy Mohrbacher, and more.

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