



Heading Home With Your Newborn: From Birth to Reality, 2nd Edition

From American Academy of Pediatrics

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Heading Home With Your Newborn: From Birth to Reality, 2nd Edition

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Now in a fully-updated second edition, Heading Home with Your Newborn has everything new and expectant parents need to know about caring for baby in the first few months after birth. Written by two pediatricians who are also parents, this awarding-winning guide covers feeding, sleeping, changing, bathing, dressing, traveling, sickness, child care options, and much more.

The second edition features new chapters on vaccines and choosing a child care provider, plus a robust new section devoted to early learning, with chapters on baby brain basics, baby sign language, fun and games, books and babies, the sounds of music, and the effects of media on the very young. Also included is new or updated information on car seats, safe sleep, cord blood, what to keep in your medicine cabinet, postpartum depression, vitamin D, organic formulas, disposable vs. cloth diapers, newborn hearing screening, and more.

With wit and humor, Drs. Shu and Jana allay the feelings of anxiety, guilt, and inadequacy that inevitably plague first-time parents home alone with a newborn, providing authoritative yet compassionate advice for the sleep-deprived and overwhelmed!

Here are a few special excerpts from Heading Home With Your Newborn as featured on HealthyChildren.org:

Sleeping by the Book
The Many Colors of Poop
To Bathe, or Not to Bathe



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Editorial Review

Review

"This book packs the advice of a parenting class, a doctor's visit, and a best friend into one indispensable package." —*Library Journal*, on the first edition

"The authors do an outstanding job of handling the basics, and this remains one of the best bringing-baby-home books in print." —*Library Journal-Book Smack*

"In an era of one-size-fits-all parenting advice, this book truly stands out." —Armin Brott, author, *The Expectant Father* series, on the first edition

"Its spirited, light, and conversational tone makes readers feel like they are talking to a trusted good friend who just happens to be a pediatrician." —John C. Nelson, MD, MPH, obstetrician-gynecologist, past president, American Medical Association, on the first edition

"A family-friendly, easily read...guide to the unique experience of caring for a newborn that is both practical and medically sound." —Lillian Blackmon, MD former chair, AAP Committee on Fetus and Newborn

"The advice you'd get from your sister or best friend, if she had her baby only last year." —Gil Fuld, MD AAP, News Editorial Advisory Board

"This book will lower your stress about raising your child. It is a wonderful narrative that reads as if it was a conversation among friends. You can have a shared learning experience with the authors who are moms, docs, and daughters and really do know." —George A. Strait, former medical correspondent, ABC News

About the Author

Laura A. Jana, MD, FAAP is a pediatrician, author, and national health communicator. Having co-founded The Dr. Spock Company in 1999, Dr. Jana has been actively involved in national parenting media for over a decade and is the co-author of *Heading Home with Your Newborn* (AAP) and *Food Fights* (AAP). She now lives with her husband and 3 children in Omaha, Nebraska where she also owns and operates an educational child care center called Primrose School of Legacy.

Dr. Jana is a member of the AAP's Executive Committee for Early Education and Child Care, part of Dr. Nancy Snyderman's BeWell/LLuminari Expert Network, an early literacy advocate for Reach Out and Read and co-founder of Amazing Me Books, a certified child passenger safety technician, and a consultant to

several corporate, academic, and government organizations on a broad range of topics related to the health and well-being of children. She is also on the Advisory Board for American Baby magazine and the Walt Disney Internet Group, has appeared nationally on shows including NPR's The Parent's Journal, the Today show, CNN's Nancy Grace, ABC News, and Fox, and is well recognized as Omaha's parenting expert for her local NBC affiliate.

Jennifer Shu, MD, FAAP is a pediatrician, author and mother in Atlanta. As the medical editor for HealthyChildren.org, she serves as an expert on parenting issues and provides oversight and direction for site in conjunction with the Managing Editor and staff.

An enthusiastic and experienced writer and public speaker, Dr. Shu is frequently featured as a medical expert in numerous national and local television and radio shows, Internet articles, parenting magazines, newspapers and medical publications. Dr. Shu is editor-in-chief of the American Academy of Pediatrics' Baby & Child Health and co-author of the award-winning books Heading Home with Your Newborn and Food Fights, both published by the AAP.

Dr. Shu received her bachelor's degree at the University of Virginia and her medical degree from the Medical College of Virginia. Dr. Shu completed her pediatric training and chief residency at the University of California in San Francisco. She has worked in the private practice setting as well as in academics, as a former director of the normal newborn nursery at Dartmouth-Hitchcock Medical Center. Dr. Shu has been a leader within the medical profession as a past national chairperson of the young physicians sections for both the American Medical Association and the American Academy of Pediatrics.

Users Review

From reader reviews:

Kenneth Williams:

The actual book Heading Home With Your Newborn: From Birth to Reality, 2nd Edition has a lot info on it. So when you read this book you can get a lot of advantage. The book was published by the very famous author. This articles author makes some research just before write this book. This particular book very easy to read you will get the point easily after scanning this book.

Rodney Richardson:

People live in this new morning of lifestyle always try and and must have the free time or they will get wide range of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely without a doubt. People is human not only a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you of course your answer may unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, often the book you have read is definitely Heading Home With Your Newborn: From Birth to Reality, 2nd Edition.

Tim Vazquez:

The book untitled Heading Home With Your Newborn: From Birth to Reality, 2nd Edition contain a lot of

information on the item. The writer explains the girl idea with easy approach. The language is very easy to understand all the people, so do not worry, you can easy to read that. The book was compiled by famous author. The author provides you in the new era of literary works. It is easy to read this book because you can please read on your smart phone, or model, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open their official web-site in addition to order it. Have a nice learn.

Megan Jordan:

With this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become considered one of it? It is just simple way to have that. What you are related is just spending your time almost no but quite enough to enjoy a look at some books. One of the books in the top listing in your reading list is definitely Heading Home With Your Newborn: From Birth to Reality, 2nd Edition. This book which is qualified as The Hungry Hillsides can get you closer in getting precious person. By looking way up and review this publication you can get many advantages.

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