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*The Expectant Parents' Companion* Kathleen Huggins,Kathleen Huggins, RN, MS,2010-10 The number of must have baby products has exploded in recent years spawning a whole category of baby gear guides targeting new parents The Expectant Parents Companion goes beyond these product guides and helps moms and dads to be prioritize all of the practical things they need to do to prepare for baby s arrival and decide for themselves which baby products will help make their first year with a new baby easier and simpler In her trademark reassuring tone that emphasizes simplicity and practicality Kathleen Huggins offers advice on which items to buy which to borrow and which are not worth getting plus guidance on what parents can do to create a safe and comfortable environment for baby There are chapters on preparing for the baby s birth including choosing a childbirth class creating a birth plan preparing for labor and choosing a pediatrician feeding nurseries and sleeping arrangements clothing diapering daytime gear traveling with baby baby proofing the home and other safety measures The book also provides guidance on choosing a day care provider plus checklists for pregnancy and the early months with baby a recommended reading list for new parents and more With 25 years of experience working with pregnant women new moms and newborns Huggins is uniquely qualified to guide expectant parents through these often confusing and sometimes overwhelming decisions The Expectant Parents Companion will affirm many parents instincts that they do not need as many baby products as marketers or even well meaning friends and relatives suggest It s the only book parents to be will need to navigate the dizzying array of products and choices available      **25 Things Every Nursing Mother Needs to Know** Kathleen Huggins,Jan Ellen Brown,2009-03-17 This collection of informative essays offers practical advice for new mothers who are planning to breastfeed Co authored by two experienced lactation consultants it features the best of their breastfeeding expertise and presents it in 25 concise and sometimes humorous essays      **Core Curriculum for**

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