

# Online Library What To Expect When Mommys Having A Baby What To Expect Kids Pdf Free Copy

**What to Expect when You're Expecting What to Expect When You're Expecting What to Expect Before You're Expecting What to Expect When You're Expected What to Expect: Before You're Expecting 2nd Edition What To Expect The 1st Year [rev Edition] What to Expect When Mommy's Having a Baby What to Expect: Eating Well When You're Expecting What to Expect when Your Wife is Expanding What to Expect When You Go to the Doctor Every Guy's Guide As to What to Expect When She's Expecting What to Expect in the Second Year What to Expect What to Expect When the Babysitter Comes First-Time Mom What to Expect When You're Expecting What to Expect when Mommy's Having a Baby What to Expect When Your Spouse Is Expecting What to Expect When You're Not Expecting ADHD What to Expect the Toddler Years Eating Well when You're Expecting What (Not) to Expect When You're Expecting The What to Expect Babysitter and Nanny Handbook What to Expect The First Year Summary of What to Expect When You're Expecting by Heidi Murkoff Models of Pregnancy and Childbirth in What to Expect when Your'e Expecting What to Expect When You Use the Potty What to Expect: the Toddler Years 3rd Edition What to Expect Gift Set DNA Demons N Angels What to Expect, When You Weren't Expecting Breast Cancer What To Expect When You're Expecting Robots What to Expect When You're Expecting: the Month-By-Month Guide to Pregnancy 40 and Pregnant! What to Expect When the New Baby Comes Home What to Expect Gift Set What Not to Expect When You're Expecting What You Don't Expect When You're Expecting What to Expect when No One's Expecting Healthy Pregnancy**

There are more pregnancy and motherhood advice books out there than you can shake a Clearblue stick at. This book is a straight-talking corrective to the sea of advice that engulfs pregnant women and new mums. It also considers such issues as the overbearing public guidelines on what not to eat or drink. Answers children's questions about what new babies look like, what they do and don't do, and what having one around the house will really be like. Say congratulations with the two bestselling parenting books presented together in one handsome gift set. Cuts through the confusion surrounding pregnancy and birth by debunking dozens of myths that mislead parents, offering explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, and amniocentesis. The next generation of robots will be truly social, but can we make sure that they play well in the sandbox? Most robots are just tools. They do limited sets of tasks subject to constant human control. But a new type of robot is coming. These machines will operate on their own in busy, unpredictable public spaces. They'll ferry deliveries, manage emergency rooms, even grocery shop. Such systems could be truly collaborative, accomplishing tasks we don't do well without our having to stop and direct them. This makes them social entities, so, as robot designers Laura Major and Julie Shah argue, whether they make our lives better or worse is a matter of whether they know how to behave. What to Expect When You're Expecting Robots offers a vision for how robots can survive in the real world and how they will change our relationship to technology. From teaching them manners, to robot-proofing public spaces, to planning for their mistakes, this book answers every question you didn't know you needed to ask about the robots on the way. Uses question-and-answer format and pictures to describe to young children what pregnancy and childbirth are like. This comprehensive guide provides clear explanations and useful guidelines on everything a parent might want to know about the second and third years of their child's life, including how to deal with potty training and sleeping problems. Say congratulations to any expectant mother with this useful, informative guide to pregnancy, including "What to Expect When You're Expecting" and "The First Year." Each book is trusted, reliable and reassuring, giving step-by-step progress for new mothers on what to expect during the pregnancy and throughout the first year after birth. What to Expect When You're Expecting by Heidi Murkoff - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) By learning what your body is going through, you will be able to face the emotional and physical challenges pregnancy brings more easily. What to Expect When You're Expecting will answer every conceivable question you might have about pregnancy. The fifth edition of what many call "the pregnancy bible" is updated with new information such as the Zika virus, prenatal screening, postpartum birth control and much more. (Note: This summary is wholly written and published by readtrepreneur. It is not affiliated with the original author in any way) "Pregnancy is one of the most important journeys you'll ever make." - Heidi Murkoff As one of USA Today's "25 most influential books" of the past 25 years, with over 18.5 million copies in print, Heidi Murkoff's What to Expect When You're Expecting has guided countless women through a less stressful pregnancy. Pregnancy is the most delicate part of a woman's life. Be prepared for all of the changes your body and mind will go through and take control of your life. Heidi Murkoff stresses the importance of being prepared for every possible situation you might go through during your pregnancy. By knowing what to expect when you're expecting, you will go through your pregnancy with a sense of calm and self-confidence. P.S. What to Expect When You're Expecting is an extremely useful book that will guide you through your pregnancy. It has every possible piece of information on pregnancy you might need, all in one place. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Grab your Copy Right Away! Why Choose Us, Readtrepreneur?  Highest Quality Summaries  Delivers Amazing Knowledge  Awesome Refresher  Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. Marrying the reassuring authority and trust of all the WHAT TO EXPECT books with a lively, accessible voice, THE WHAT TO EXPECT BABYSITTER AND NANNY HANDBOOK contains everything a childcarer needs to know when minding a child, from newborn to toddler. Packed with information, it covers all the basics and so much more. Topics include: how to keep a child safe and what to do in an emergency; the top five reasons babies cry, and eleven surefire ways to calm them down; taming temper tantrums and tempting the fussy eater; how to talk to a baby and how to get a toddler talking; bathing, potty training, sibling disputes; rainy-day activities and how to comfort a child; and how to build a happy and healthy relationship with the child's family. Whether this is your first pregnancy or not, every pregnancy is different. In this informative book, you will learn EXACTLY what will happen to your body and how your baby is developing! INSIDE THIS BOOK YOU'LL DISCOVER: \* What's happening to you at every stage of the pregnancy. \* What's happening to your baby. \* Pregnancy pitfalls to watch out for. \* What the "danger zone" is and how to navigate your way through it. \* Tips for keeping yourself and your baby healthy and happy. TABLE OF CONTENTS: Month 1: A Bun in the Oven Month 2: Feeling Sick? Month 3: Out of the "Danger Zone" Month 4: Baby Bump? Month 5: The Honeymoon Period Month 6: Getting Big! Month 7: Your Final Trimester Month 8: Almost There Month 9: Giving Birth! Click the BUY NOW button to Discover EXACTLY What to Expect When You're Expecting: The Month by Month Guide to Pregnancy! "This book is written for anyone who is over the age of 35 and contemplating having a child, for anyone over the age of 35 who is pregnant, and for anyone who has recently given birth. [The author] will discuss some widely known issues and some issues that most women don't realize ... until it happens to them"--Page viii. A completely revised and updated edition of America's pregnancy bible, the longest-running New York Times bestseller ever. With 18.5 million copies in print, What to Expect When You're Expecting is read by 93% of women who read a pregnancy book and was named one of the "Most Influential Books of the Last 25 Years" by USA Today. This cover-to-cover (including the cover!) new edition is filled with must-have information, advice, insight, and tips for a new generation of moms and dads. With What to Expect's trademark warmth, empathy, and humor, it answers every conceivable question expecting parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices and choices they face. Advice for dads is fully integrated throughout the book. All medical coverage is completely updated, including the latest on Zika virus, prenatal screening, and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and

cesarean trends (including VBACs and “gentle cesareans”). The latest book in the best-selling WHAT TO EXPECT series, this essential guide covers the action-packed and exciting second year of a child's life. WHAT TO EXPECT IN THE SECOND YEAR contains expert advice on everything parents of a toddler need to know, including sleeping, temper tantrums, eating issues, toilet training, nutrition, health and home safety, offering parents invaluable insights, advice and reassurance. 'Written in the same warm, engaging and immensely reassuring style that readers will be familiar with from the other 'What to Expect' books, WHAT TO EXPECT THE SECOND YEAR is clear and comprehensive, with just the right amount of easy-to-find detail ...parents will find here everything they need to know to safely and confidently navigate the action-packed, incredibly full second year of their toddler's life.' Dr Jonny Taitz MBChB, FCP(SA), FRACP, AFCHSM, FAAQHC, Specialist Paediatrician 'This essential guide walks parents through the remarkable second year of a child's life, offering invaluable insight and advice, and generous helpings of empathy and reassurance.' Dr Mark D Widome, Professor of Pediatrics, The Pennsylvania State University Just in time for those first steps, here's the next perfect offering from trusted What to Expect author, Heidi Murkoff. Starting from baby's first birthday, What to Expect the Second Year is the complete why, when, and how-to guide to the 'wonder year' - twelve jam-packed months of amazing milestones, lightning-speed learning and endless discoveries. Filled with must-have information on all things toddler, from feeding (tips to tempt picky palates) to sleep (how to get more of it), talking (decoding those first words) to behaviour (defusing those first tantrums). Plus, how to keep your busy toddler safe and healthy. Answers to All Your Questions: When will our 13-month-old start to walk? How can we get our fussy eater to try something besides pasta? Shouldn't our 14-month-old be talking already? I can ignore a tantrum at home, but what I am supposed to do when we're out shopping? When should we break the bottle habit ...and what about that dummy? How do we get our almost-2-year-old to settle down for bed - and stay asleep all night? Challenges mainstream beliefs about overpopulation and cites the consequences of a rapidly depopulating world. America's pregnancy bible answers all your baby questions. When can I take home a pregnancy test? How can I eat for two if I'm too queasy to eat for one? Can I keep up my spinning classes? Is fish safe to eat? And what's this I hear about soft cheese? Can I work until I deliver? What are my rights on the job? I'm blotchy and broken out--where's the glow? Should we do a gender reveal? What about a 4-D ultrasound? Will I know labor when I feel it? Your pregnancy explained and your pregnant body demystified, head (what to do about those headaches) to feet (why they're so swollen), back (how to stop it from aching) to front (why you can't tell a baby by mom's bump). Filled with must-have information, practical advice, realistic insight, easy-to-use tips, and lots of reassurance, you'll also find the very latest on prenatal screenings, which medications are safe, and the most current birthing options--from water birth to gentle c-sections. Your pregnancy lifestyle gets equal attention, too: eating (including food trends) to coffee drinking, working out (and work) to sex, travel to beauty, skin care, and more. Have pregnancy symptoms? You will--and you'll find solutions for them all. Expecting multiples? There's a chapter for you. Expecting to become a dad? This book has you covered, too. Explains why babysitters are sometimes necessary and describes some of the activities that might take place while in the care of a babysitter. Everyone needs to go to the doctor for checkups. But for a child, a visit to the doctor can be a bewildering experience. This guide aims to help you answer your child's questions about who doctors are, what they do, and why we go to them for checkups. From the author of the bestselling WHAT TO EXPECT series, comes an indispensable guide to what to eat during pregnancy. EATING WELL WHEN YOU'RE EXPECTING provides mums-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy - at home, in the office, at Christmas, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And the book comes with 150 contemporary, tasty, and healthy recipes that feed mum and baby well, take little time to prepare, and are gentle on queasy tummies. At the heart of the book are hundreds of pressing questions every mother-to-be has: Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? I'm entering my second trimester, and I'm losing weight, not gaining - help! Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae - can I indulge? (The answer is yes!) Healthy Pregnancy You're filled with joy - you have just found out you're expecting, and you can't wait to experience all the changes your body will go through as your baby grows inside of you. Then it hits you: you suddenly realize that you have no idea what to expect during your pregnancy. It's okay. Although many of us experience different symptoms when we are expecting, the same thing is going on inside of all our bodies. We are growing a tiny human and creating a new life, right inside of our own wombs. No matter if this is your first pregnancy or your third, this book will walk you through the pregnancy, ensuring you know exactly what is going on in your body. By reading this book you will learn: \* The earliest symptoms of pregnancy \* How to find out if you are pregnant \* What your body is going to go through each week of your pregnancy \* How your baby is growing You will also discover: \* Pregnancy nutrition – what to eat and what to avoid \* How to prepare for labor and delivery \* 10 common pregnancy questions and answers Nothing is better than holding that precious baby after a long pregnancy, but coming in a close second is having an easy pregnancy, and that happens by preparing yourself ahead of time! Scroll to the top of the page and click the Buy Now button. What if your pregnancy isn't the dream you always imagined and instead has turned into a living nightmare? What if instead of your doctor telling you these aches and pains are normal and there's nothing that can be done, you had a practitioner that not only listened to you but helped you? It is possible. Dr. Brandie Nemchenko, a pregnancy chiropractor with over fifteen-years of experience has developed a self-help run-through that has helped thousands of patients in her private practice near Philadelphia. In her "keeping it real" and humorous manner, Dr. Brandie not only gives you the tools and mechanics of what you can safely try, she also "gets it" and helps you find ways to cope and think differently in this "new but temporary normal." Breaking down the typical cases she sees in her office, she explains why these things happen and what you can STOP doing today to help you break the pain cycle so that you can do the things you need to do, even while pregnant. You'll also learn: - Your second pregnancy is often worse and comes with predictable pains and what you can do to ease the pain and better yet how to keep it from occurring. - How to think critically about the decisions you need to make for you and your unborn baby. - How you can ask and get the support you need. With dozens of case studies and personal insight Dr. Brandie can help radically change your pregnancy from one that is painful to one that is enjoyed. Pregnancy should be one of the most special times in your life and remembered for the joy not the pain. The goal of this book is to guide you to the best support team and practices to ensure you have the pregnancy of your dreams. This new second edition is filled with the latest, most accurate wombhood information, including comforting answers to hundreds of questions, such as • “My mother just took a sip of white wine. Am I going to end up looking like some Chernobyl baby now?” • “So far Mommy is spending most of her pregnancy in a state of stress, anxiety, and depression. Which one should she focus on?” • “I’m kicking as hard as I can, but Mom says it feels like ‘butterflies fluttering.’ Am I doing something wrong?” • “Why do my parents blast Mozart at me every night right when I’m trying to sleep?!” • “To the nearest hundred, how many people should Mommy invite to my birth?” Unlock your potential to transform your tragedies to triumphs with What to Expect When You Weren't Expecting Breast Cancer. Tanja Thompson knows, from experience, how life's unexpected tragedies can shake you to your core. From military service and losing those closest to her, to battling cancer, and beyond, Tanja has discovered the secret to letting go of the darkness and stepping into the light of triumph and healing. Her soul-stirring TEDx Talk, From Tragedy to Triumph, has inspired thousands with an intimate look inside her battle with Breast Cancer and more. With this book, she invites you even deeper, with raw and vulnerable pictures and recounts of the day to day struggle to take back her life and step into the light, victorious! Within these pages, she shares the steps you can take to join her in triumph. From Heidi Murkoff, author of the world's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive - the first step in What to Expect: What to Expect Before You're Expecting. Medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide want-to-be mums and dads step-by-step through the preconception (and conception) process than Heidi Murkoff? It's all here. Everything couples need to know before sperm and egg meet. Packed with the same kind of reassuring, empathic and practical information and advice that readers have come to expect from What to Expect, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxer shorts). How to pinpoint ovulation, keep on-demand sex sexy, and separate conception fact from myth. With fully updated information on immunisation, genetic screening, Zika, ovulation tracking, how fertility can be affected by travel as well as BPA and phthalates, plus when to seek help and the latest on high- and low-tech fertility treatments - from IVF to surrogacy and more.

Complete with a fill-in fertility journal to keep track of the baby-making adventure and special tips throughout for hopeful dads. Next step? What to Expect When You're Expecting, of course. What to Expect When Your Spouse is Expecting will. .Help men to understand exactly what is happening during the pregnancy .Educate men on how to prepare for the changes that are less than 1 year away .Guide men on how to handle some of the tough situations that may arise .Show younger men a clear plan to help keep the mother happy and healthy .Give men and young boys a practical "game plan" that will lead to success! With over 7 million copies sold worldwide, WHAT TO EXPECT THE 1st YEAR is one of the world's bestselling books on infant care - and it has now been updated and revised throughout by Heidi Murkoff. This comprehensive and practical month-by-month guide clearly explains everything parents need to know - or might be worrying about - in the first year with a new baby. The book covers monthly growth and development, feeding for every age and stage, and sleep strategies that really work. It is filled with the most practical tips (how to give a bath, decode your baby's crying, what to buy for baby, and when to return to work) and the most up-to-date medical advice (the latest on vaccines, vitamins, illnesses, SIDS, safety, and more). Featuring dozens of Q&A sections, as well as a first-aid guide and charts on monthly growth and development, feeding and sleeping habits, this is the only book on infant care to address both the physical and the emotional needs of the whole family. Covering the most up-to-date knowledge, both medical and developmental, WHAT TO EXPECT THE 1st YEAR is, above all, down-to-earth and reassuring - and an invaluable aid for all parents of new babies. Growing Up Just Got Easier... With the help of Angus, the lovable Answer Dog, best-selling author Heidi Murkoff extends a hand to children and parents as they tackle life's first experiences together. Congratulations -- you're having another baby! You're excited and a little nervous, but most of all you're wondering how you're going to explain this miraculous, but complex, process to your older, but still very young, child. We're here to help you answer your child's questions about how a baby is created, how it grows, and how it comes out to join the family. Have fun! Overflowing with intelligence and good common sense, this comprehensive guide provides clear explanations and useful guidelines on everything a parent might want to know about the second and third years of their child's life. On a month-by-month basis, What to Expect: The Toddler Years explains what a toddler will be able to do at that age, and what to expect in the months ahead. Featuring topics from potty-training to sleeping problems, disciplining to how to encourage learning and thinking, this book covers it all - including invaluable advice on how parents can make time for themselves in the midst of it all. Answering parents' questions such as 'How can I get my toddler talking?' and 'My toddler is a fussy eater - how can I be sure he's eating what he should?', What to Expect: The Toddler Years is an essential guide to keeping a toddler safe, healthy and - above all - happy. Are you nervous about delivering a baby for the first time? Are you anxious and confused about the changes happening to your body? Then you need to keep reading... As soon as a few weeks after conception, the pregnant body sees drastic changes. Due to dramatic increases in progesterone, estrogen, and other hormones, women can experience a range of shocking symptoms: hair will become thicker and grow in new areas, bones soften, lung capacity increases, the heart enlarges, and much more. For first-time mothers, learning to differentiate between what's expected and what's abnormal can cause a large amount of needless stress, leaving less time to think about what really matters. In First Time Mom, you'll discover: The EXACT formula for a healthy, joyous pregnancy. (By adopting these lifestyle changes, you can ensure a smooth and stress-free nine months ahead!) Everything you can expect from each trimester and beyond. The warning symptoms that you should never ignore. Pregnancy secrets that no one ever tells you about. Ten crucial facts about newborns that all parents must be aware of. The truth about what to expect in the delivery room. Seven important pieces of advice that all first-time moms MUST know. (Abiding by these tips are a sure path to a happy newborn and mom!) And much, much more... As a FREE bonus, you'll also receive a free chapter from The Mindful Path to Self Compassion because we truly believe that every baby is much happier when mom has learned to be kind to herself. Even if you are clueless about pregnancy, or constantly feel like you don't know what you're doing, the extensive research behind this guide can ensure you'll cultivate unwavering confidence during this important time, and learn all the vital information needed to nurture a happy, healthy baby, paving your way to a promising and soul-enriching motherhood. By relying on the expert research behind this guide, you'll learn exactly what symptoms to expect during each stage of your pregnancy, what they mean, and all the expert tricks to ease any difficulty that arises with your body or your baby. If you want to access this advanced information only known to experienced mothers and midwives, then you should read this book! It's a cover-to-cover revision of America's bestselling guide to getting pregnant, with updated information about genetic screening, ovulation tracking, fertility treatments, and risks like Zika. What to Expect Before You're Expecting has everything that eager-to-be moms and dads need to know about getting pregnant, from getting their bodies ready to make a healthy baby to getting that healthy baby on board faster. You'll find baby-friendly foods to order up (say yes to yams); fertility-busters to avoid (see you later, saturated fat); how to pinpoint ovulation, time baby-making sex, keep on-demand sex sexy, and separate conception fact—it takes the average couple up to 12 months to make a baby—from myth—position matters. With the latest on health insurance coverage, preconception travel and the Zika virus, sex selection techniques, antidepressants, and information on family-building options for single women and same-sex couples. Plus, for the 1 in 8 couples who experience infertility, the latest on both low-tech and cutting-edge fertility treatments, from medications to IVF and surrogacy. It's everything you need to know for that baby-making adventure. A parody of the long-standing bestseller, full of tongue-in-cheek guidance for the expecting father. A two-time veteran of both childbirth and humor-book writing, Hill covers everything from the latest technology and literature to politically correct rituals and behavior. An essential book for the father-to-be. It's weird how every woman reacts differently. How each pregnancy differs. Mine is definitely unique. My sense of smell became stronger, picking up the faintest odors, and my stomach was in constant turmoil. Those were the first signs. And then I started eating. And eating. If I don't, I get a migraine and people's faces become blurry. Electronics seem to malfunction in my presence. And the nightmares—they don't stop. Something is changing my body. Something that should have never happened. Something that my husband and I had prevented from happening. Something people say is miraculous. The bigger I get, the more frequently I encounter people who become possessed. And the more often I wind up questioning if I am carrying a miracle baby. The closer I get to the due date, the more I love this child and the more confident I am that I will protect my baby from anything. Even its fate. DNA Demons N Angels contains violence, swearing, and sex scenes. There are guidebooks to set a parent's expectations for pregnancy and caring for a baby, but not one step-by-step guide for the challenge of raising a child with ADHD... until now. The contrast between expectations and genuine capability is stark but invisible with ADHD, creating challenges every moment in all aspects of life. In What to Expect When You're Not Expecting ADHD, Williams offers a 9-step plan to tame (much of) the chaos and turn (most of) the struggles into triumphs. She steers you through methodically learning about your child's behaviors, strengths, and weaknesses, and how to use that knowledge to improve life for your child with ADHD and your entire family. Don't be fooled though -- this is not your typical book on ADHD. Williams keeps it real, providing authentic, down in the trenches, trial-by-fire advice from a momma who has lived it, figuring it out one day at a time. Whether your child's diagnosis is new or you've been struggling for years, What to Expect is your instruction manual for effectively parenting your child with ADHD. Bailey Summers is very good at taking care of herself. So good, in fact, that she shuts others out with very little effort. But when her brother and his partner want a child, she pushes out of her comfort zone and offers to be their surrogate. It's just nine months out of her life, right? Right. Because of course when she's struggling with morning sickness, she encounters the hottest man she's ever met. To make matters worse, he's the new bartender at her popular bar. Rick Cassidy comes with his own complications. He's a middle school teacher taking a summer job as a bartender to help out his brother's family. His brother is in a rehab hospital after colliding with a drunk driver, and Rick is trying to help them make ends meet. He's just out of a relationship himself, with a woman who couldn't handle him spending so much time caring for his brother. So what's he doing eyeballing his boss, the boss of a job he needs? But late nights, close quarters and second-trimester hormones overrule better judgement, and complications intertwine. This is definitely not what they were expecting. The only book on infant care to address the physical as well as the emotional needs of the entire family. this comprehensive follow-up to WHAT TO EXPECT WHEN YOU'RE EXPECTING offers everything you want to know about the care (and feeding) of your infant. Covers monthly growth and development, feeding for every age and stage, sleep strategies that really work, and the very best ways to stimulate your baby (and have fun at the same time!). Filled with the most practical tips (how to give a bath, decode your baby's crying, and when to return to work), the most up-to-date medical advice (the latest on vaccines, vitamins, illnesses, SIDS and safety), and more. the instructions that babies don't come with, but every new parent needs!