



WHAT TO  
EXPECT<sup>®</sup> THE  
FIRST YEAR

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**What to Expect® When You're Expecting**

**Eating Well When You're Expecting**

***The What to Expect® When You're Expecting Pregnancy Organizer***

**What to Expect® Pregnancy Planner**

**Que se Puede Esperar Cuando se Esta Esperando  
(What to Expect® When You're Expecting—Spanish edition)**

**The What to Expect® Baby-Sitter's Handbook**

**What to Expect® the Toddler Years**

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**WHAT TO  
EXPECT<sup>®</sup>  
THE FIRST  
YEAR**



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TO EMMA AND WYATT, RACHEL, ETHAN, AND ELIZABETH  
FOR THE MAGICAL, MEMORABLE FIRST YEARS EACH OF YOU GAVE US

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TO OUR PARTNERS IN PARENTING, ERIK, HOWARD, AND TIM,  
WITHOUT WHOM WE COULDN'T HAVE MADE IT THROUGH THOSE FIRST YEARS

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Note: All children are unique and this book is not intended to substitute for the advice of your pediatrician or other physician who should be consulted on infant matters, especially when a baby shows any sign of illness or unusual behavior.

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## A SECOND ROUND OF THANKS

If there's anything harder than writing a book, it's rewriting a book. Like reinventing the wheel (how can we do it better?), it takes a lot of reevaluating, a lot of revisiting, and a lot of second-guessing (What works well already? What used to work but doesn't anymore? What never really worked in the first place? What could work—with a little work?). It also takes a lot of help, from a whole bunch of people. From friends, colleagues, academics, health care professionals—and some special folks who fit into all four categories at the same time; some who have supported us from the first draft of the first edition, others who have only recently joined the team; many more wonderful people than we could possibly list here, that is, without running even farther over the expected page count in this second edition than we already have. We gratefully thank all of you, including:

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—HEIDI MURKOFF



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