



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



# CONTENTS

---

Foreword: A Parenting Book That Stands Alone, by Mark D. Widome, M.D., M.P.H.

Introduction: A Second Baby Is Born

*Part 1*

## THE FIRST YEAR

Chapter 1: Get Ready, Get Set

Feeding Your Baby: Breast or Formula, or Both

Facts Favoring Breastfeeding

*Breastfeeding Myths*

Facts Favoring Formula Feeding

Factoring in Feelings

When You Can't or Shouldn't Breastfeed

*Adoption and Breastfeeding*

What You May Be Concerned About

Coping with Motherhood

*Mother Care*

A Changing Lifestyle

*This Book's for You, Too*

Whether or Not to Go Back to Work

*Leave: It's Not Just for Mothers Anymore*

Grandparents

A Lack of Grandparents

A Baby Nurse or Doula

Other Sources of Help

Circumcision

Which Diapers to Use

Quitting Smoking

A Name for Baby

Preparing the Family Pet

Preparing Your Breasts for Breastfeeding

*Don't Express Yourself—Yet*

What It's Important to Know:

### SELECTING THE RIGHT PHYSICIAN

Pediatrician or Family Practitioner?

*Health Insurance for a Healthy Family*

What Kind of Practice Is Perfect?

Finding Dr. Right

Making Sure Dr. Right Is Right for You

---

*When the Choice Isn't Yours*

The Prenatal Interview

Your Partnership with Dr. Right

## Chapter 2: Buying for Baby

*Register for Your Baby Needs*

Baby's Wardrobe

Baby's Linens

Baby's Grooming Needs

*Don't Go Nuts*

Baby's Medicine Cabinet

Baby Feeding Supplies

## Nursery Necessities and Niceties

*Calling All Recalls*

## Equipment for Outings

*What's in a Buckle?*

*Rear-Facing Infant Seat*

*The LATCH System*

*Convertible Seat/Forward-Facing Seat*

## When Baby Gets Older

*Buying for Baby's Future*

## Chapter 3: Breastfeeding Basics

### Getting Started Breastfeeding

*Getting Help*

### Breastfeeding

How Lactation Works

Beginning to Breastfeed

Breastfeeding Positions

A Proper Latch

*Sucking Versus Suckling*

How Long to Feed

*What Type of Nurser Is Your Baby?*

How Often to Feed

### What You May Be Concerned About

Colostrum

Engorged Breasts

Overabundant Milk

---

Leaking and Spraying

Let-down

Cluster Feedings

Sore Nipples

*Bumps on the Road to Success?*

Time Spent Breastfeeding

Nursing Fashions

Nursing in Public

Lump in Breast

Mastitis

Breastfeeding During Illness

Breastfeeding While Menstruating

*Birth Control and the Breastfeeding Mother*

Exercise and Nursing

Combining Breast and Bottle

*Nipple Confusion Got You Confused?*

Relactation

What It's Important to Know:

**KEEPING YOUR MILK HEALTHY AND SAFE**

What You Eat

*Can Foods Make Milk?*

What You Drink

What Medication You Take

What You Should Avoid

*No Peanuts While Feeding Your Little Peanut?*

Chapter 4: Your Newborn Baby

What Your Baby May Be Doing

What You Can Expect at Hospital Checkups

*Testing Your Baby*

*Newborn Hearing Screening*

*Portrait of a Newborn*

Apgar Test

*Apgar Table*

Your Newborn's Reflexes

*Hospital Procedures for Babies Born at Home*

Feeding Your Baby: Getting Started Formula Feeding

Selecting a Formula

---

*Need Help at the Breast?*

*DHA: The Smart Choice in Baby Formulas?*

*How Much Formula Is Like a Feast?*

Safe Bottle Feeding

Bottle Feeding with Love

*From Bottle with Love*

Bottle Feeding with Ease

## What You May Be Concerned About

Birthweight

Bonding

*For Fathers Only: Becoming Engrossed*

Weight Loss

Baby's Looks

Eye Color

Bloodshot Eyes

Eye Ointment

Rooming-in

*Have You Heard the One ...*

Pain Medication

Baby's Sleepiness

*A Newborn State of Mind*

Empty Breasts

Gagging and Choking

Sleeping Through Meals

*Cracking the Crying Code*

Nonstop Feeding

*Tips for Successful Feeding Sessions*

Quivering Chin

Startling

Birthmarks

Complexion Problems

Mouth Cysts or Spots

Early Teeth

*Don't Forget to Cover Your Baby*

Thrush

Jaundice

*Think You Can't Afford to Cover Your Baby?*

*Newborn Security*

*The Scoop on Newborn Poop*

---

Stool Color

*Going Home*

Pacifier Use

What It's Important to Know:

## THE BABY CARE PRIMER

Bathing Baby

Shampooing Baby

*Safe Seating*

*Safety from All Sides?*

Burping Baby

Diapering Baby

Dressing Baby

Ear Care

Lifting and Carrying Baby

Nail Trimming

Nose Care

Outings with Baby

Penis Care

*Baby Business*

Sleeping Position

Swaddling Baby

Umbilical Stump Care

## Chapter 5: The First Month

### What Your Baby May Be Doing

*What Your Baby May Be Doing This Month*

What You Can Expect at This Month's Checkup

### Feeding Your Baby This Month: Expressing Breast Milk

Why Mothers Express Milk

Choosing a Pump

All About Pumps

*Fascinating Facts*

*Pumping Practice Makes Perfect*

Preparing to Pump

*(Tell) Tales from the Other Side*

How to Express Breast Milk

*Where Does the Milk Go?*

*Quick Tip*

## What You May Be Concerned About

“Breaking” Baby

The Fontanel

Skinny Baby

Having Enough Breast Milk

Baby Getting Enough Breast Milk

Nursing Blisters

Feeding Schedule

*Double the Trouble, Double the Fun*

Changing Your Mind About Breastfeeding

Too Much Formula

*Timing Is Everything*

Supplementary Water

Vitamin Supplements

*Supplement Sense*

Spitting Up

*Quick Tip*

Blood in Spit-up

Milk Allergy

Milk Allergy in Breastfed Babies

Bowel Movements

Explosive Bowel Movements

Passing Gas

Constipation

Sleeping Positions

Sleeping Patterns

Restless Sleep

Mixing Up of Night and Day

Noise when Baby Is Sleeping

Baby’s Breathing

*Better Sleep for Baby*

Moving a Sleeping Baby to Bed

Crying

Colic

Surviving Colic

*Prescription for Colic*

Spoiling Baby

*Coping with Crying*

Pacifier

Healing of the Umbilical Cord

---

Umbilical Hernia

Circumcision Care

Swollen Scrotum

Hypospadias

Swaddling

Keeping Baby the Right Temperature

Taking Baby Out

Exposure to Outsiders

Infant Acne

Skin Color Changes

Hearing

Loud Music

Vision

*Keeping Baby Safe*

Photo Flashes

Crossed Eyes

Teary Eyes

Sneezing

First Smiles

Hiccups

Using Detergent on Baby's Clothes

What It's Important to Know:

**BABIES DEVELOP DIFFERENTLY**

*Today's Slower Babies*

*What Month Is It, Anyway?*

Chapter 6: The Second Month

What Your Baby May Be Doing

What You Can Expect at This Month's Checkup

*Making the Most of Those Monthly Checkups*

Feeding Your Baby: Introducing ... the Bottle

*Bottle-Free*

*Supplementation Myths*

What's in the Bottle?

*Winning Baby Over*

*Mix It Up*

Making the Introduction

*Supplementing when Baby Isn't Thriving*

## What You May Be Concerned About

---

Smiling

*Look Who's Talking*

Cooing

*How Do You Talk to a Baby?*

Baby Talk

A Second Language

*Understanding Your Baby*

*Making the Most of the First Three Years*

Comparing Babies

Immunization

*Immunization Myths*

The ABCs of DTaPs ... and MMRs ... and IPVs ...

*Recommended Immunization Schedule*

*When to Call the Doctor After an Immunization*

Cradle Cap

Crooked Feet

Undescended Testicles

Penile Adhesion

Inguinal Hernia

Inverted Nipples

Favoring One Breast

Using a Baby Carrier or Sling

The Challenging Baby

*Do You Have a Challenging Baby?*

Baby Won't Sleep on Back

## What It's Important to Know:

### STIMULATING YOUR BABY IN THE EARLY MONTHS

Creating a Good Environment

Practical Tips for Learning and Playing

*Location, Location, Location*

## Chapter 7: The Third Month

### What Your Baby May Be Doing

### What You Can Expect at This Month's Checkup

### Feeding Your Baby: Breastfeeding and Working

Breastfeeding and Working—Making Them Work for You

*Corporate Lactation Programs*



## What You May Be Concerned About

---

Establishing a Regular Schedule

Putting Baby to Bed

*Dueling Parenting Philosophies*

Waking Up for Nighttime Feedings

Sudden Infant Death Syndrome (SIDS)

*What Is SIDS?*

*Preventing SIDS*

*Reporting Breathing Emergencies to Your Doctor*

Sharing a Room with Baby

Sharing a Bed

Still Using a Pacifier

Early Weaning

Supplementing with Cow's Milk

*The Longer the Better*

Fewer Bowel Movements

Diaper Rash

Penis Sore

Spastic Movements

Roughhousing

*Never Shake a Baby*

Being Tied Down Breastfeeding

Leaving Baby with a Sitter

## What It's Important to Know:

### THE RIGHT CHILD CARE FOR BABY

In-home Care

*Baby-Sitter Checklist*

*Nanny in the Know*

*Is He Manny Enough for the Job?*

*The Business of Hiring a Nanny*

*Keeping an Eye on the Sitter*

Group Day Care

*Your Child as a Barometer of Child Care*

Home Day Care

Corporate Day Care

*Safe Sleeping*

Babies on the Job

When Your Child Is Sick

## Chapter 8: The Fourth Month

What Your Baby May Be Doing

---

What You Can Expect at This Month's Checkup

Feeding Your Baby: Thinking About Solids

What You May Be Concerned About

Rejection of the Breast

Wriggling at Changing Time

Propping Baby

Baby's Standing

Baby Fussing in Infant Seat

Baby Unhappy in Car Seat

Thumb Sucking

Chubby Baby

*Hold the Juice*

Thin Baby

*How Does Your Baby Grow?*

Heart Murmur

Black Stool

Baby Massage

Exercise

What It's Important to Know:

PLAYTHINGS FOR BABY

*Suitable for Cuddling*

Chapter 9: The Fifth Month

What Your Baby May Be Doing

What You Can Expect at This Month's Checkup

Feeding Your Baby: Starting Solids

*Good Early Foods to Offer Baby*

Opening Night—and Beyond

Foods to Premiere With

*Not This Year, Baby*

Expanding Baby's Repertoire

First-Year Diet for Beginners

*Who's Counting?*

The Baby Daily Dozen

*No Honey for Your Little Honey*

*Double-Duty Jars*

## What You May Be Concerned About

---

Teething

*Teething Chart*

Chronic Cough

Ear Pulling

Naps

Eczema

Using a Back Carrier

Gratuitous Advice

Starting the Cup

*Sippy Safety*

*Feeding Baby Safely*

Food Allergies

Feeding Chairs

Walkers

*Feeding Chair Safety Tips*

*Reducing Walker Risks*

Jumpers

Baby Swing

## What It's Important to Know:

### ENVIRONMENTAL HAZARDS AND YOUR BABY

Household Pest Control

Lead

*Unsuitable for Digging?*

Otherwise Contaminated Water

Polluted Indoor Air

*Protecting Children*

*A Safer Walk on the Wild Side*

Contaminants in Food

*Food Hazards in Perspective*

*Out of the Mouths of Babes*

*Organic Foods—Growing Availability*

## Chapter 10: The Sixth Month

### What Your Baby May Be Doing

### What You Can Expect at This Month's Checkup

### Feeding Your Baby: Commercial or Home-Prepared Baby Foods

Commercial Baby Food

*Food for Thought*

Home-Prepared Baby Foods

*Attention Do-It-Yourselfers*

## What You May Be Concerned About

Still Not Sleeping Through the Night

It's All in the Timing

*What Will the Neighbors Think?*

*Sleep Sharing*

Early Rising

Turning Over During the Night

Bathing in the Big Tub

*Safe Big-Bath Bathing*

Bottle Rejection in a Breastfed Baby

Changes in Bowel Movements

Brushing Baby's Teeth

*Baby's First Toothbrush*

Baby-Bottle Mouth

Weaning to Cow's Milk

Salt Intake

Cereal Snubbing

Vegan Diet

*No Meat? No Problem*

Anemia Screenings

Shoes for Baby

## What It's Important to Know:

**STIMULATING YOUR OLDER BABY**

*How Do You Speak to Your Baby Now?*

## Chapter 11: The Seventh Month

### What Your Baby May Be Doing

### What You Can Expect at This Month's Checkup

### Feeding Your Baby: Moving Up from Strained Foods

## What You May Be Concerned About

Picking Up Baby

Grandparents Spoiling Baby

Baby's Acting Up with You

Is My Baby Gifted?

Not Sitting Yet

Biting Nipples

Snacking

---

*Dinner and a Baby*

Grazing

Teeth Coming In Crooked

Tooth Stains

What It's Important to Know:

**PUTTING THE SUPER IN BABY**

Chapter 12: The Eighth Month

What Your Baby May Be Doing

What You Can Expect at This Month's Checkup

Feeding Your Baby: Finally—Finger Foods

What You May Be Concerned About

Baby's First Words

Signing with Baby

Baby's Not Crawling Yet

Scotting

Messy House

Eating off the Floor

Eating Dirt—and Worse

Getting Dirty

Erections

Discovering Genitals

Play Yard/Playpen Use

Reading to Baby

Left- or Right-Handedness

*Crib Safety Now*

Childproofing Your Home

What It's Important to Know:

**MAKING HOME SAFE FOR BABY**

Change Your Ways

Change Your Baby's Surroundings

*Poison Control*

*Safety Equipment*

Change Your Baby

*Red Light on Greenery*

## Chapter 13: The Ninth Month

---

What Your Baby May Be Doing

What You Can Expect at This Month's Checkup

Feeding Your Baby: Establishing Good Habits Now

What You May Be Concerned About

Feeding Baby at the Table

Loss of Interest in Nursing

*Got Milk? Not Yet*

Fussy Eating Habits

*Some Cereal with That Butternut Squash?*

Self-Feeding

Strange Stools

Changes in Sleep Patterns

Pulling Up

Flat Feet

Walking Too Early?

Slow Development

Fear of Strangers

Security Objects

No Teeth

Still Hairless

What It's Important to Know:

**GAMES BABIES PLAY**

## Chapter 14: The Tenth Month

What Your Baby May Be Doing

What You Can Expect at This Month's Checkup

Feeding Your Baby: When to Wean

What You May Be Concerned About

Messy Eating Habits

Head Banging, Rocking, and Rolling

Hair Rolling and Pulling

Teeth Grinding

Biting

*The Baby Social Scene*

Blinking

Breath Holding

---

Starting Classes

Shoes for Walking

Hair Care

Fears

What It's Important to Know:

THE BEGINNING OF DISCIPLINE

*To Spank or Not to Spank*

Chapter 15: The Eleventh Month

What Your Baby May Be Doing

What You Can Expect at This Month's Checkup

Feeding Your Baby: Weaning from the Bottle

What You May Be Concerned About

Bowed Legs

Parental Nudity

Falls

Not Pulling Up Yet

Baby Tooth Injuries

Cholesterol in Baby's Diet

Growth Swings

What It's Important to Know:

HELPING BABY TO TALK

Chapter 16: The Twelfth Month

What Your Baby May Be Doing

*You Know Your Baby Best*

What You Can Expect at This Month's Checkup

Feeding Your Baby: Weaning from the Breast

Weaning from the Breast

*Keeping Yourself Comfortable*

*Milk Sense*

What You May Be Concerned About

The First Birthday Party

Not Yet Walking

*Handle with Care*

Increased Separation Anxiety

---

Attachment to the Bottle

*Don't Have a Cow*

Putting the Weaned Baby to Bed

Bedtime Separation Anxiety

Shyness

Social Skills

Sharing

Hitting

“Forgetting” a Skill

A Drop in Appetite

Picky Eating

*Going Nuts?*

Increase in Appetite

Refusing to Self-Feed

Growing Independence

Nonverbal Language

Gender Differences

*The Toddler Years ... Continued*

Switching to a Bed

Using a Pillow

Watching TV

Software for Babies

Hyperactivity

Negativism

What It's Important to Know:

STIMULATING YOUR ONE-YEAR OLD

*The Eyes Have It ... Already*

*Safety Reminder*

*Part 2*

OF SPECIAL CONCERN

Chapter 17: A Baby for All Seasons

What You May Be Concerned About in Summer Weather

Keeping Baby Cool

*A Summer Rash*

Heatstroke

Too Much Sun

*What to Look For in Selecting a Sunscreen*



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