



## Raising Todays Baby: A complete guide for parenting infants birth through one year (Raising Todays Child) (Volume 1)

By Dr. Melanie J. Wilhelm Dnp Cnpn

Raising Today's Child. Paperback. Condition: New. 188 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. No matter how much you plan and prepare, the birth of a new baby causes plenty of stress, chaos, and exhaustion. Between trying to keep up with the demands of the baby's schedule, household chores, and your own personal needs, there's little time left to find answers to your questions about how to raise your little one. Thankfully, Dr. Melanie J. Wilhelm, DNP, CPNP, offers a practical, engaging, and evidence-based guide to child rearing. Combining her extensive education and years of professional practice with the lessons she learned from raising her own two children, Dr. Wilhelm provides straightforward answers to the most common questions plaguing new parents today, while sharing her own experiences as a mom. Don't let the stress and exhaustion of caring for an infant paralyze you and prevent you from making sound decisions. Instead, find science-based answers that have been fact-checked by pediatricians and proven to work for families of all types. Free of jargon, platitudes, and conspiracies, Raising Today's Baby answers questions about feeding, diaper duty, sleep, crying, bathing and skin care, medical care, finding balance, work options and everything else you need to know...



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