



# First-Time Parent: The honest guide to coping brilliantly and staying sane in your baby's first year

By Lucy Atkins

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## First-Time Parent: The honest guide to coping brilliantly and staying sane in your baby's first year By Lucy Atkins

Forget unrealistic childcare manuals – this is the book you really need to help you cope brilliantly with those first chaotic days and months ahead.

As a health journalist and mother-of-three, Lucy Atkins is familiar with both the medical aspects of childbirth and baby development, and the reality of day-to-day life as an exhausted first-time mum or dad. In her feisty, humorous style, she begins with that first mind-blowing day and addresses the issues unique to the first-time parent who stares at their newborn and thinks “Where are the instructions?”

Anticipating the questions and concerns of all new mothers—Why does my baby cry so much? Will I ever lose all this weight? Am I a bad parent because...?—the book provides practical advice and level-headed reassurance. It addresses the needs of the baby and, very importantly, those of the parent during the first year of their baby’s life.

Contents include:

- Starter’s orders – the equipment and kit you really need, as opposed to what the department store tells you
- Hello – how to cope with the first few hours
- Start – coming home, bonding, how to survive the first few days
- Sleep – for everyone!
- Cry – why your baby cries, what to do, why you’ll want to cry, too
- Eat –breastfeeding, supplemental feeding, moving to solids, nutrition
- Grow – baby's physical and mental development
- Play – yes, you two actually can have fun
- Thrive – health considerations for baby and parent
- Live – adapting to your new life, the changing mother-father relationship
- Work – coping with being at home and with going back to work
- Also includes information on single parenting, and on adopted, multiple and special needs babies.

The First-Time Parent is on your side, and reassures that you can cope brilliantly with your new baby and your new life.

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## **Editorial Review**

Review

"You can't go wrong with a book as comprehensive as *First-Time Parent*." —*Tidewater Parent*

About the Author

Lucy Atkins is a health journalist who contributes to *The Guardian* and a literary critic for both the *The Sunday Times* and *The Times Literary Supplement*. Her work has also appeared in the *Telegraph*, *The Times*, and *Red* magazine. She is the coauthor of *Blooming Birth*.

## **Users Review**

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**Elaine Gold:**

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Nowadays reading books are more than want or need but also get a life style. This reading practice give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book this improve your knowledge and information. The data you get based on what kind of book you read, if you want attract knowledge just go with training books but if you want feel happy read one along with theme for entertaining for instance comic or novel. Often the *First-Time Parent: The honest guide to coping brilliantly and staying sane in your baby's first year* is kind of book which is giving the reader unpredictable experience.

**Dora Champagne:**

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**Josie Garcia:**

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