



# **Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year**

*Scott W. Cohen*

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# Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year

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**Written during award-winning pediatrician Dr. Scott W. Cohen's first year as a father, this book is the only one to combine two invaluable "on the job" perspectives—the doctor's and the new parent's.**

The result is a refreshingly engaging and informative guide that includes all you need to know at each age and stage of your child's first year. Drawing on the latest medical recommendations and his experiences at home and in the office, Dr. Cohen covers everything from preparing for your baby's arrival to introducing her to a new sibling, to those three basic functions that will come to dominate a new parent's life. *Eat, Sleep, Poop* addresses questions, strategies, myths, and all aspects of your child's development. In each instance, Dr. Cohen provides a thorough overview and a simple answer or explanation: a "common sense bottom line," yet he doesn't dictate. The emphasis is on doing what is medically sound *and* what works best for you and your baby. He also includes fact sheets, easy-to-follow diagnosis and treatment guides, and humorous daddy vs. doctor sidebars that reveal the learning curve during his first year as a dad.

Lively, practical, and reassuring, *Eat, Sleep, Poop* provides the knowledge you need to parent with confidence, to relax and enjoy baby's first year, and to raise your child with the best tool a parent can have: informed common sense.



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