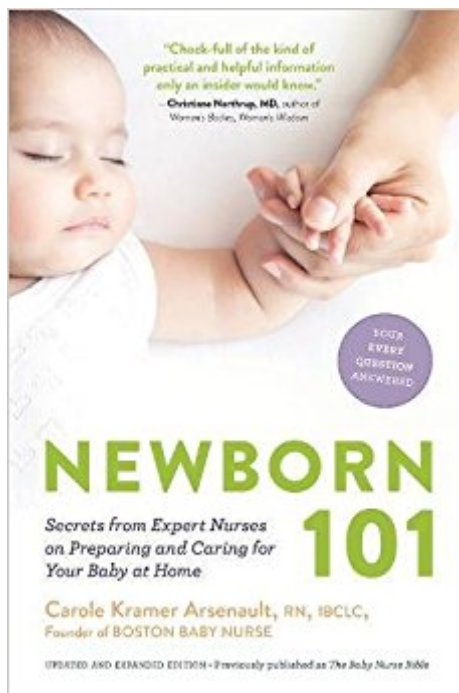




The book was found

Newborn 101: Secrets From Expert Nurses On Preparing And Caring For Your Baby At Home



Synopsis

National Parenting Publications Gold Award Winner
Ever wish you could have a baby nurse at home to answer your most urgent questions around the clock? Now you can! Carole Kramer Arsenault has spent the last two decades helping parents through pregnancy, labor, and all of their new responsibilities once baby comes home—both as a longtime pediatric nurse, and as the founder of the most highly regarded baby-care service in New England. From the first trimester to the fourth (baby's crucial first three months), Arsenault and her team of professional nurses have seen it all. Now, they share their expert advice on: Preparing your home, including safety tips and must-have supplies
Easing through labor, whether at home or in a hospital
Breastfeeding how-tos, flexible feeding schedules, and common concerns
Baby's essential first days and weeks, and the milestones in between
Welcoming multiples and caring for preterm babies
Techniques for soothing baby to sleep
Postpartum self-care and getting back to your routine

Book Information

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Customer Reviews

“Carole Arsenault's new book, [Newborn 101], may look like your typical guide to pregnancy and baby care, but it's not. It's better, filled with well-researched tips from a professional who is also an experienced mom, tips that you probably have not heard before.” —*Bay State Parent* magazine
“[Newborn 101] is chock-full of the kind of practical and helpful information that only an insider like Carole Arsenault would know. This book contains everything a couple needs to prepare for the adventure of labor and birth.” —*Christiane Northrup, MD, author of Women's Bodies,*

Women's Wisdom – The stack of books available on breastfeeding, pregnancy, and postpartum can be overwhelming. Carole Arsenault covers all these topics and then some – including prenatal exercise and nutrition, choosing a pediatrician, raising a "green baby," and more. The Q&A format and highlighted Baby Nurse Tips make this book fun to read and easy to use. I'm making [Newborn 101] my number one must-read book for new parents! •

– Tamara Jessiman, Certified Nurse Midwife, Mount Auburn Hospital – Birthing and caring for a baby is a transformative experience, and [Newborn 101] helps new families make their way with confidence. It's highly readable – and packed with insightful and helpful Q&As, lists, and tips. •

– Johanna Myers McChesney, cofounder and CEO of Isis Parenting, Inc.

Carole Kramer Arsenault, RN, IBCLC, has devoted her career to infant and pregnancy care, and worked for many years as a delivery nurse, including at Boston's Brigham and Women's Hospital. She founded and runs Boston Baby Nurse, a home health agency offering specialized support to families with babies. She lives outside Boston.

I love it

very useful information

Newborn 101 came right on time and it was ideal for me to receive in my third trimester rather than just when I had my first baby. I didn't think about half of the things I needed, let alone my baby and this book helped me think that through before I was overly anxious about every single thing I'm doing as a first time mom. I'm so grateful for friends who bought meaningful gifts for my baby shower. I never would've got this for myself. And a side note now that I've given birth about the importance of nurses advice. Nurses are the ones whose job it is to truly "care" for a new mom and baby, while doctors are there to diagnose or troubleshoot what's wrong or what needs to be fixed. This book has a level of compassion and practicality that could only come from a seasoned nurse. I will be buying multiple copies for friends!

If everyone could get a copy of this book at their first prenatal visit, we would have a lot less anxious first-time parents! Just reading through the basic ins and outs of what to expect with life with your newborn is reassuring in itself, but Carole has loaded this book with so much detail and expert advice that you never even think of until you're totally into your new role as parent. For anyone

looking to plan ahead and have some sure footing during what can be a very uncertain time, this book is a must-have for the nursery! It also helps anyone who has been out of the baby stage for a bit, or who might have felt the first one went by in a whirlwind...Truly a wonderful gift to help make a smooth transition into life with your precious newborn :-)

This is a very well written book that has a lot of useful information to help new parents. I am expecting my first baby in July this year and think that this is a must have for any new parent out there - definitely one I'd recommend - 5 stars from me

Detailed and informative. Like that my husband and I can flip back and forth between chapters on information we know little on and what we want to know more about.

I received "Newborn 101" as a gift two days before my newborn GREAT granddaughter came to stay with me for a week. I must confess, it had been a long time since I cared for an infant so I was a little nervous. Although there was information that was not relevant for me personally, I read everything else that was. The book is well-written, easy to understand and flows from one subject to the next effortlessly. I am forever grateful to the wise woman who thought I just might need it.

Newborn 101 Is an absolute must read for expecting parents. Each paragraph is filled with easy to access tips and information for every stage of not only the 4th trimester but before and after. I especially like the Q and A sections of each chapter where new parents will find much needed answers and helpful tips. This book will instill confidence and provide a hands on approach for those three A.M. Oh no moments when no pediatrician or support is available! I thoroughly enjoyed it!

Robin Cochrane

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