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**FIRST YEAR BABY CARE**  
**YOUR GUIDE TO THE LATEST MEDICAL AND CHILD CARE ADVICE**

**MINNEAPOLIS (June 2, 2016) – *First Year Baby Care*** (softcover, \$14.99, on-sale September 6, 2016) by Paula Kelly, MD, is the easy-to-use “owner’s manual” every parent needs. Thoroughly updated and revised with the most recent medical and baby care advice, the 5<sup>th</sup> edition includes the latest information on newborn screenings, checkups, vaccination schedules, and expanded information on nutrition; including how to prevent food allergies and childhood obesity.

This trusted book has been guiding parents through baby’s first year for over 30 years. It’s the perfect companion for first-time moms and dads or experienced parents seeking to update their care-giving skills. It includes the latest information on the daily basics of baby care including: bathing, diapering, breast- or formula feeding, and baby exercises.

Other notable updates to the book include:

- Breastfeeding advice for working mothers.
- Car seat and crib safety.
- Guidelines for childproofing individual rooms in the home.
- Circumcision – Is it necessary?
- Day care options – Questions to ask and things to look for.
- Diaper choices – Advantages and disadvantages of each.
- Environmental hazards you might not be aware of.
- When to introduce new foods and making homemade baby food.
- Monthly developmental milestones.
- Traveling with the baby – Tips and safety.
- An expanded medical care section with over 40 different emergencies and illnesses.

“The most accessible and helpful guide for the first 12 months”  
—Mitch Einzig, MD; Children’s Health Care of Minnesota

**About the Author:** Paula Kelly, MD, has been honored by her peers as one of the best pediatricians in Minneapolis-St. Paul.

To request a copy of *First Year Baby Care* or to schedule an interview with the author, please contact Thomas Nelson at 800-338-2232, ext. 109, or email [tnelson@meadowbrookpress.com](mailto:tnelson@meadowbrookpress.com).

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