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Tanya Altmann, MD, FAAP, Editor-in-Chief

# YOUR BABY'S FIRST YEAR

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# YOUR BABY'S FIRST YEAR

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# PLEASE NOTE

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The information contained in this book is intended to complement, not substitute for, the advice of your child's pediatrician. Before starting any medical treatment or medical program, you should consult with your child's pediatrician, who can discuss your child's individual needs and counsel you about symptoms and treatment. If you have questions regarding how the information in this book applies to your child, speak to your child's pediatrician.

Products mentioned in this book are for informational purposes only. Inclusion in this publication does not constitute or imply a guarantee or an endorsement by the American Academy of Pediatrics.

The information and advice in this book apply equally to children of both sexes (except where noted). To indicate this, we have chosen to alternate between masculine and feminine pronouns throughout the book. Best efforts were made to use people first language, and as such, certain phrasing may not read as familiar. For example, "an overweight child" now reads as "a child with overweight" or "a child has overweight."

~ ~ ~

The American Academy of Pediatrics constantly monitors new scientific evidence and makes appropriate adjustments in its recommendations. For example, future research and the development of new childhood vaccines may alter the regimen for the administration of existing vaccines. Therefore, the schedule for immunizations outlined in this book is subject to change. These and other potential situations serve to emphasize the importance of always checking with your child's pediatrician for the latest information concerning the health of your child. For additional information on caring for your child and his or her health and well-being, visit [HealthyChildren.org](http://HealthyChildren.org).



This book is dedicated to all the people  
who recognize that children are our greatest inspiration  
in the present and our greatest hope for the future.





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# INTRODUCTION

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**C**ongratulations! You are likely reading this book because you are pregnant, or have a newborn, or care for a child under the age of one year old. No matter what the reason, this book will provide you with everything you need to know to raise a healthy, happy, and resilient child. Whether you choose to read it from cover to cover, read the chapter for your baby's current age to discover what she will be doing next month, or just want to flip to the specific symptoms, illness, or issue that your baby has, you will find a wealth of information vetted by an organization comprised of more than 67,000 pediatricians. That's a lot of brainpower and advice!

Most of your newborn's needs are the same as generations ago, while others have changed due to modern-day busy lifestyles. Babies always need love, nutritious food, good health, secure surroundings, skills to build self-esteem and resilience, and plenty of one-on-one time together with you reading books

and having fun. They don't need distractions or electronics (please put your phone down).

For you, becoming a parent is one of the greatest gifts, and you will learn, grow, and smile every day in ways you didn't even know were possible. There will be good days and some not so good days, but that's normal life. Don't beat yourself up if the diaper doesn't get put on correctly or if you're late getting out the door with baby in tow. As long as everyone is safe and healthy, take each day in stride and enjoy every minute that you can.

It's also important to know when you need to ask for help. If you're overtired or overstressed, ask your partner, a relative, or a friend to lend a hand. Whether you need help breastfeeding or cooking, you can't do it all every day, and that's okay. Reach out to your support team, which should also include your pediatrician. Your pediatrician can help advise you on feeding, sleeping, and behavior in addition to seeing your child for complete well-child exams and sick visits.

The days and years pass quickly, so take a few photos or journal along the way, because before you know it your baby will be going off to kindergarten! In the following chapters, you will learn about caring for your newborn and young child, from helping with nutrition, sleep, and behavior, to fevers, tummyaches, and other illness symptoms or concerns that come up along the way. Of course, if you have any questions about what you have read, have a specific concern, or are worried about anything, please contact your pediatrician. After all, that is what we are here for, even in the middle of the night!