



Caring for Your Baby

External Links and Resources

Overall Baby Care

- *The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two* by William Sears and Martha Sears (2003)
- *Loving Care: Birth to 6 Months*, by the Nova Scotia Department of Health Promotion and Protection, is a great overview of all the basics, from feeding, sleeping, and keeping your baby clean to secure attachment and games and activities to enhancing brain development: http://www.gov.ns.ca/hpp/publications/09045_Birthto6MonthsBooks_Jul09_En.pdf
- Web site for parents from the American Academy of Family Physicians: <http://www.familydoctor.org>
- Web site for parents from the American Academy of Pediatrics: <http://www.healthychildren.org>
- Web site by the Sears family: <http://www.askdrsears.com>
- Mothering Magazine: <http://www.mothering.com>
- Health and safety topics: <http://www.seattlechildrens.org/safety-wellness/>

Vaccination

- Recommended vaccination schedule: <http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm>
- U.S. Centers for Disease Control (CDC) hotline at 800-232-SHOT (7468)
- National Vaccine Information Center: <http://www.nvic.org/>
- *The Vaccine Book: Making the Right Decision for Your Child* by Robert Sears (2007)

Home Safety and Unsafe Products

- U.S. Consumer Product Safety Commission: <http://www.cpsc.gov>
- Skin Deep Cosmetic Safety Database from the Environmental Working Group (EWG): <http://www.cosmeticsdatabase.com/>

Brain Development

- *The Philosophical Baby: What Children's Minds Tell Us About Truth, Love, and the Meaning of Life* by Alison Gopnik (2009)
- *NurtureShock: New Thinking About Children* by Po Bronson and Ashley Merryman (2009)
- *What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life* by Lise Eliot (2000)
- *Touchpoints: Birth to Three* by T. Berry Brazelton and Joshua D. Sparrow (2006)
- Parenting Counts: <http://www.parentingcounts.org>
- The University of Michigan Health System on Developmental Milestones: <http://www.med.umich.edu/1libr/yourchild/devmile.htm>
- Zero to Three National Center for Infants, Toddlers, and Families: <http://www.zerotothree.org>

SIDS Risk Reduction and Safe Sleep Practices

- First Candle: 800-221-7437 or <http://www.firstcandle.com>
- American SIDS Institute: 800-232-7437 or <http://www.sids.org>
- American Academy of Pediatrics Policy Statement: <http://pediatrics.aappublications.org/cgi/content/full/105/3/650>
- Cosleeping: <http://mothering.com/sleep>

Sleep and Calming Crying

- *The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family* by William Sears, et al. (2005)
- *Sleeping with Your Baby: A Parent's Guide to Cosleeping* by James McKenna (2007)
- *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night* by Elizabeth Pantley (2002)
- *The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Sleep Longer* by Harvey Karp (2003). Available as a book or DVD.
- How to Double-Swaddle Your Baby: <http://www.youtube.com/watch?v=EOnsKlluHIg>





Premature and Ill Babies

- *The Premature Baby: Everything You Need to Know About Your Premature Baby from Birth to Age One* by William Sears, et al. (2004)
- *Preemies-Second Edition: The Essential Guide for Parents of Premature Babies* by Dana Wechsler Linden, Emma Trenti Paroli, and Mia Wechsler Doron (2010)
- *Newborn Intensive Care: What Every Parent Needs to Know* by Jeanette Zaichkin (2009)
- Online support for parents of preemies: <http://www.prematurity.org/premielists.html>

