



First Time Parents

Miriam Stoppard

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Intended for all prospective or first time parents, this book focuses on the needs of the parents as well as the baby, helping them to adapt to and enjoy their new role. It acknowledges the equal part that many fathers play in bringing up children, and focuses on the concerns of the working mother, house husbands, single parents and adoptive parents. It takes parents through planning for a baby, pregnancy and birth. It also gives coverage of the first year of a baby's life and looks beyond to the toddler years, offering reassurance and practical advice.

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