

CHAPTER 18: 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 (2013)
- *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 enhance brain development: <http://novascotia.ca/dhw/lovingcare>
- American Academy of Family Physicians: <http://www.familydoctor.org>
- American Academy of Pediatrics: <http://www.healthychildren.org>
- 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/schedules/easy-to-read/child.html>
- Centers for Disease Control (CDC) hotline: 800-232-SHOT (7468)
- Plain Talk about Immunizations: <http://here.doh.wa.gov/materials/plaintalk>

Home Safety and Unsafe Products

- US 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)
- *Brain Rules for Baby* by John Medina (2014)

Child Development

- Parenting Counts Developmental Timeline: <http://www.parentingcounts.org>
- The University of Michigan Health System on Developmental Milestones: <http://www.med.umich.edu/1libr/yourchild/devmile.htm>
- Just in Time Parenting (child development newsletter): <http://jitp.extension.org>
- 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/content/early/2011/10/12/peds.2011-2284.full.pdf>
- Bedsharing Safety Guidelines: <http://cosleeping.nd.edu/safe-co-sleeping-guidelines>

Sleep and Calming Crying

- *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

- *Premies—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)