



Baby Book: How to enjoy year one

Rachel Waddilove

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Becoming a parent is one of life's greatest joys – and one of its greatest challenges. It is a time when we need a helping hand. In *The Baby Book*, Rachel Waddilove shares the wisdom of her considerable professional and personal experience to help parents through the first year of their child's life. This reassuring book includes advice on: • breastfeeding and bottle feeding • establishing a flexible routine • sleep issues and getting your baby to sleep through the night • crying • introducing solid food • travelling with your baby. Since its first publication in 2005, thousands of new parents have benefitted from *The Baby Book*. If you are an expectant or new parent, and want the best for your baby, Rachel's down-to-earth style and wealth of experience make this an essential guide.

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