



Mi bebé y yo: Una guía esencial para el embarazo y el cuidado de tu recién nacido (Spanish Edition)

Deborah D. Stewart, Jenny B. Harvey

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Offering solid guidance for mothers and mothers-to-be whose reading skills are limited and who may have limited access to adequate health care, this guide focuses on basics like prenatal care, lifestyle choices, nutritional advice, and baby's first few months. This fifth edition includes updated and expanded information on mental health issues, including postpartum depression and anxiety, for both moms and partners; hot topics such as immunizations, breastfeeding, and coping with inconsolable crying; best-practice guidelines for car seats, safe sleep, babywearing, and fall prevention; the value of having effective support during labor, birth, and the postpartum period; and insurance coverage, including the Affordable Care Act, and medical assistance for low-income pregnant women. Checklists, a glossary, and an expanded list of reliable internet resources round out this invaluable book.

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