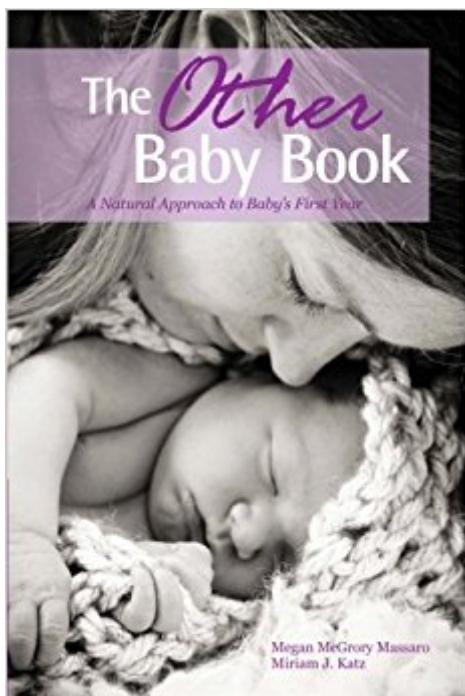


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# The Other Baby Book: A Natural Approach To Baby's First Year



## Synopsis

What if the rules of modern motherhood were turned upside down? *The Other Baby Book: A Natural Approach to Baby's First Year* guides new and expecting mamas on a journey past "shoulds" and "musts," back to the heart of true joy and relationship. Motherhood has been targeted by advertisers, and bombarded by opinions masquerading as medical necessities. Massaro and Katz are helping mothers reclaim a simpler, more connected first year with their babies. Readers will find eight fun-to-read chapters filled with baby-friendly practices, along with stories from moms in-the-know. In a soothing yet sassy voice, the authors present compelling research on topics like birth, holding your baby, breastfeeding, infant sleep, potty training babies (yes, really!), sign language, baby-led solids, and self-care for moms. The book also features contributions from leading practitioners in baby care: Dr. James McKenna, Dr. Janet Zand, Naomi Aldort, Gill Rapley, Nancy Mohrbacher, and more.

## Book Information

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## Customer Reviews

A hip, readable, accurate and supportive book...filled with common, practical, everyday wisdom that unfortunately has become almost obsolete in our medically dominated birthing and pediatrics models. It is a fantastic resource for the new mom who wants to do things a bit out of the box.

--Aviva Romm, MD, Certified Professional Midwife, and author of *The Natural Pregnancy Book*

Megan and Miriam are like your super-savvy BFFs who have pounded the pavement gathering the latest research and practical guidelines, and written it up in a chatty, humorous yet authoritative

format that will speak to NPR and TMZ fans alike. --~Marcy Axness, PhD, author of Parenting for PeaceThe non-judgmental way The Other Baby Book gently...educates, empowers, and informs parents about all aspects of infant care is remarkable. I am certain that many parents and babies will greatly benefit by the perspectives offered here. --~Dr. James McKenna, Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame and author of Sleeping With Your Baby

--This text refers to an alternate Paperback edition.

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Let me start off by saying this book is fantastic. Now I'll address some issues. 1. I don't see a problem with editing. There were maybe three mistakes in the whole book. That's pretty good considering this is a self published book. 2. In no way is the tone rude or disrespectful. I think some women got their feelings hurt because of statements they didn't agree with. Like, "Breastfeeding is better than formula." Scientifically it is but they don't make formula feeding moms feel bad. It's just a fact. 3. This is not a fad. A fad is something that comes and goes. Mothers raised their children like this for thousands of years and then a fad hit where sleepless nights became an inconvenience. They explain it better. Now back to the book. I love that this was written. It was as if the women were reading my mind. I had my little guy on June 28, 2012. My mom, and every other family member tried to give me advice. I listened but it didn't feel right so I followed my instincts. Since it wasn't what society portrayed as normal I kept most of my parenting ideas a secret. I co-sleep, hold my baby while napping, baby wear, breastfeed, and will never practice cry it out. This book made me feel so much better about my parenting techniques. This is not a book to make other people feel bad. I think all parents should read it so they understand an alternative point of view. Maybe one day this will be the norm again.

We are first timers and totally clueless about babies, but knew we did not want to follow along in the

footsteps of our friends with kids who all did things "traditionally" and were miserable for the first year with their new babies. We knew there had to be another way. We lived in Germany for a while and parents there did things completely differently from here in the US, which made so much more sense to us. Looking for an alternative to the "traditional" US methods, we came across this book. It is a great basic overview of some of the most common topics, like co-sleeping, elimination control, feeding, baby wearing, etc. Things that come naturally and are common sense in other cultures (but are hardly ever done here in the US) are outlined and explained. It is a really refreshing look at a more natural, intuitive way of baby care. It is just an overview though - if you want a whole lot of in-depth info on a specific topic you can always purchase another, more specific book.

I was getting into this book and itÃ¢Â¢Â¢s one of the first books I brought after finding out I was expecting. I thought it was really interesting that two moms wrote it both interested in natural approaches to raising children similar to myself. Maybe my hormones were a factor, but I couldnÃ¢Â¢Â¢t finish the book after I got to the part where one mom spoke about circumcision, it really bothered me. I understand itÃ¢Â¢Â¢s the authorÃ¢Â¢Â¢s book they can write what they want, but for a mom to have a strong opinion about circumcising, explaining that the baby is so young that itÃ¢Â¢Â¢s not healthy but to not give real evidence to back her opinion up, that annoyed me. I was frustrated since it is more hygienic to circumcise (but this isnÃ¢Â¢Â¢t my book so I wonÃ¢Â¢Â¢t go into loads of evidence why it is, but if it was my book I would). Point is, there may be little parts in the book that get on your nerves, but if youÃ¢Â¢Â¢re willing to look over them itÃ¢Â¢Â¢s worth buying.

The Other Baby Book is a good book to start with. It summarizes findings in different areas of caring for a baby. It does not say "this should be done" but rather "you can do it this way or that and here are the facts for each." Reading this book has created a want in me to read other books on the methods or topics I'm really interested about because it does not go into the "how". I also like that they list out other books they've referred to so you can look into them for more details. I'm a mother of 3 beautiful kids. But because of the age gap with my second and third, I needed a refresher about how to properly raise and care for my baby. This book gave more things to consider, things I took for granted before or didn't give much thought of. I was also able to relate different methods - how I raised my eldest versus my second - and saw the difference in behavior and development. Loved the book! Wish I read this during my first pregnancy.

I read it in two days. Very easy read and touches on a lot of interesting points. The authors are not pushy on any of the topics they discuss, they just provide information on other options in parenting. They talk a lot about how the modern norms for parenting came about and why. With all the judgmental opinionated books on parenting out there, it's nice to have one that encourages your instincts and finding what works for you, while educating on what worked well for them.

This is a must read book for all women who are pregnant or are ever thinking of getting pregnant and should be THE Baby Book for all moms/moms-to-be out there! It is informative, yet not pushy. It lays out each topic clearly without going too in-depth with lots of scientific terms. Even if you're not sure how natural or baby-centered of an approach you want, it's always good to hear different approaches, especially from a perspective that teaches women that pregnancy is a natural thing and not a medical condition. If you've already decided that you'd like to parent with a more baby-centered approach, like I had, it will help reassure your decisions by showing you real life examples and mini testimonials throughout the book from other real moms and their joys and struggles. I also plan on sharing this book with my friends and family because I think it's great at easily explaining why I will be choosing a natural, baby-led pregnancy/parenting approach and will hopefully ease some of their questions and concerns so they don't question my approach as much.

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