



# Heading Home With Your Newborn: From Birth to Reality

By Laura A. Jana, Jennifer Shu

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**Heading Home With Your Newborn: From Birth to Reality** By Laura A. Jana, Jennifer Shu

The new edition of this bestselling guide to newborn care has been fully revised and updated. Written by two pediatricians and focusing on the first few months of an infant's life, *Heading Home With Your Newborn*, 3rd Edition, includes new information on breastfeeding and the involvement of allergies, formula options, vitamins and supplements (vitamins, iron, fluoride, probiotics), sleep, extended stay in strapped-in positions(car seats, bouncy chairs), swaddling, diaper options, the impact of social media sharing, and capturing moments/sharing memories.

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### **Editorial Review**

#### **About the Author**

Dr. Laura Jana is an Omaha-based pediatrician, health communicator, and the award-winning author of *Heading Home with Your Newborn* and *Food Fights*. Dr. Jana served as a consultant to Dr. Benjamin Spock and is recognized nationally for her ongoing efforts to promote healthy lifestyles for children.

Dr. Jennifer Shu is an Atlanta-based, board-certified pediatrician and mom. Her passion is helping families build healthy habits...one baby step at a time. After all, it's easier to continue good habits than to break bad ones. In addition to practicing pediatrics, she is an author, consultant and frequent media guest.

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##### **Victor Kohlmeier:**

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##### **William Wright:**

As people who live in the particular modest era should be revise about what going on or details even knowledge to make them keep up with the era that is always change and progress. Some of you maybe will update themselves by reading books. It is a good choice in your case but the problems coming to you is you don't know which you should start with. This *Heading Home With Your Newborn: From Birth to Reality* is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

##### **Betty Freeman:**

The book *Heading Home With Your Newborn: From Birth to Reality* will bring you to the new experience of reading some sort of book. The author style to describe the idea is very unique. In the event you try to find new book to read, this book very ideal to you. The book *Heading Home With Your Newborn: From Birth to Reality* is much recommended to you you just read. You can also get the e-book through the official web site, so you can more readily to read the book.

**Gary Collis:**

A lot of people always spent their very own free time to vacation or maybe go to the outside with them household or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you want to try to find a new activity this is look different you can read a book. It is really fun in your case. If you enjoy the book that you simply read you can spent the whole day to reading a book. The book Heading Home With Your Newborn: From Birth to Reality it is quite good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. If you did not have enough space to bring this book you can buy the e-book. You can m0ore very easily to read this book from the smart phone. The price is not too expensive but this book has high quality.

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