



Heading Home With Your Newborn: From Birth to Reality

By Laura A. Jana, Jennifer Shu

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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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