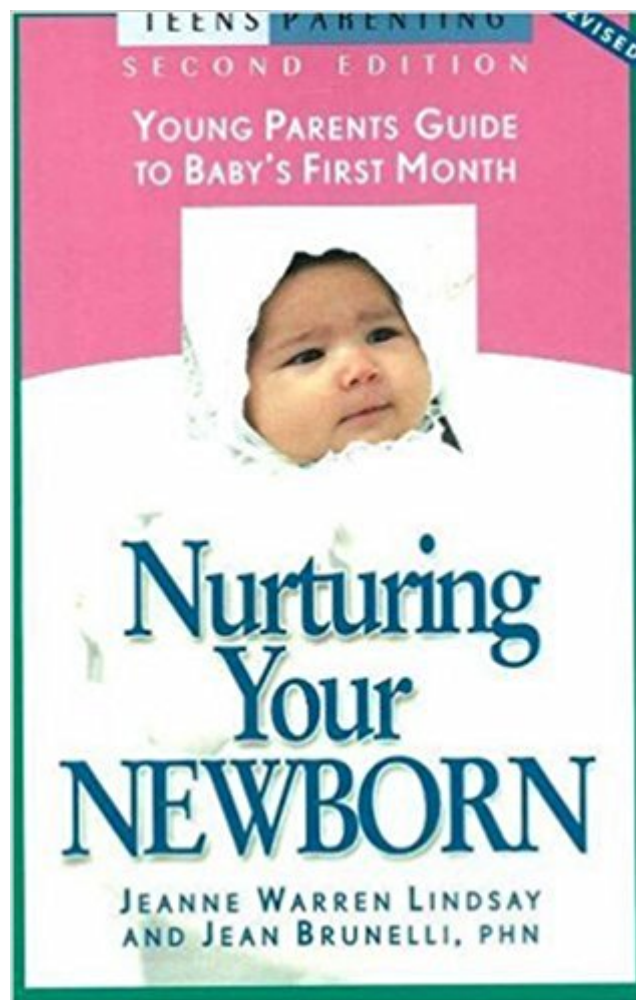




The book was found

# Nurturing Your Newborn: Young Parents' Guide To Baby's First Month (Teen Pregnancy And Parenting Series)



## Synopsis

Providing specific information Teen parents need during that special and sometimes frustrating postpartum period, this book is designed to help parents get acquainted with their newborn. Chapters are filled with succinct information on "what's normal" for keeping baby comfortable, including breastfeeding, guarding baby's health, taking care of mom, dad's role, dealing with parents' tiredness, and three-generation living. Parents are given a realistic look at those first days home with their new baby—the overwhelming tiredness, the importance and joy of bonding with their newborn, and the possibility of baby blues. This guide escorts young parents through what is perhaps the most important period in a newborn's life, their first month after birth.

## Book Information

Series: Teen Pregnancy and Parenting series

Paperback: 96 pages

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Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,206,152 in Books (See Top 100 in Books) #19 in Books > Teens >

Social Issues > Pregnancy #20606 in Books > Parenting & Relationships > Parenting

## Customer Reviews

Jeanne Warren Lindsay is the author of 17 books for and about pregnant and parenting teens. She is the editor of PPT Express, a quarterly newsletter for teachers and others working with parents. She lives in Buena Park, California. Jean Brunelli, PHN, has worked with hundreds of pregnant teenagers in her 15 years of teaching in the Teen Mother Program at the ABC Unified School District. She is the coauthor of Your Pregnancy and Newborn Journey. She lives in La Palma, California.

AA++

I teach young new mothers in our local high school. I think this book is extremely valuable. The

worksheets enforce the concepts and open up discussion for these new mommies. There are lots of "old wives tales" out there. It is important that the girls know the truth.

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