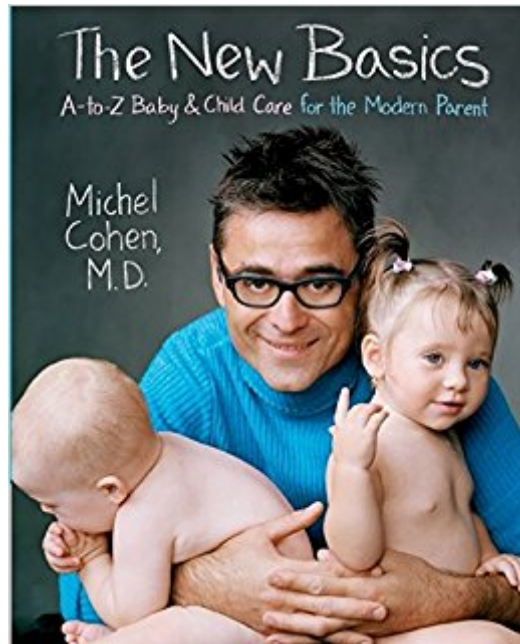




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# The New Basics: A-to-Z Baby & Child Care For The Modern Parent



## Synopsis

Dr. Michel Cohen, named by the New York Post as the hip, "must-have" pediatrician, has an important message for parents: Don't worry so much. In an easy-reference alphabetical format, *The New Basics* clearly lays out the concerns you may face as a parent and explains how to solve them -- without fuss, without stress, and without harming your child by using unnecessary medicines or interventions. With sensitivity and love, Dr. Michel describes proven techniques for keeping your children healthy and happy without driving yourself crazy. He will show you how to set positive habits for sleeping and eating and how to treat ailments early and effectively. You'll learn when antibiotics are helpful and when they can be harmful. If you're having trouble breast feeding, pumping, or bottle weaning, Dr. Michel has the advice to set you back on track. If after several months your baby is still not sleeping through the night, *The New Basics* will provide you with tried-and-true methods to help ease this difficult transition for babies and parents. Dr. Michel recognizes that you're probably asking the same questions his own patients' parents frequently ask, so he includes a section called "Real Questions from Real Parents" throughout the book. You'll find important answers about treating asthma, head injuries, fevers, stomach bugs, colic, earaches, and other ailments. More than just a book on how to care for your child's physical well-being, *The New Basics* also covers such parenting challenges as biting, hitting, ADD, separation anxiety, how to prevent the terrible twos (and threes and fours ...), and preparing your child for a new sibling.

## Book Information

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## Customer Reviews

Pediatrician Michel Cohen delights in offering anxious parents unconventional wisdom about

children and toddlers: "less medicine is often the best medicine." Following an A to Z format, Cohen successfully skewers myths about every aspect of childcare. Using generic case kids "Lucy" and "Jimmy," and "real questions from real parents" he offers a compendium of health care information. Whether talking about behavior (bed-wetting, thumb sucking, school anxiety), symptoms (green mucus, earwax or eczema), or prevention (immunization, vitamins, toothbrushing), Cohen's approach is fresh and his tone is wise and wry--when discussing the drawbacks of medication for carsickness, he suggests that the best remedy is a plastic bag. Consistent core beliefs underline Cohen's alphabet: Doctors should not medicate all ills, antibiotics weaken natural immunity, you can't spoil your baby, but you can spoil your life. This practical, enjoyable guide is limited only by its short A-Z format--the information is so clear and valuable that parents will surely want to hear more from Dr. Cohen. --Barbara Mackoff --This text refers to an out of print or unavailable edition of this title.

Essentially a user's guide to babies and young children, Cohen's book makes parenting sound as simple and straightforward as changing a light bulb or fixing a broken screen door. By no means comprehensive, the book provides simple and reliable information on health care for the under-12 set. Cohen, a founding member of New York's Tribeca Pediatrics, is something of a celebrity pediatrician, and his book has a slightly hip feel to it: it's done in a clean layout, with snappy sidebars featuring "real questions from real parents" and little symbols near many entries specifying what age group the advice pertains to. Naturally, some subjects get more coverage than others (e.g., the section on adopted children spans three pages, while car sickness gets a quarter of a page). This resource should come in handy as a quick reference on subjects as diverse as calcium, cavities, school anxiety and swimmer's ear. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

This book is quite an eyeopener. I can relax now and handle all situations more calmly now that I am better educated. Dr Cohen's super lucid style of writing takes the tension away and helps me to enjoy my babies more.PS: My second child started sleeping through the night at the age of 4 months. Thank You Dr Cohen.

I don't write reviews very often unless I find something very useful. This book is amazing! As a mother of preemie twin girls I was a basket case about a lot of things when it came to their care.

This book has allowed me to really let go and trust that I am not screwing this whole mom thing up. It is a reference book and I love how it is written. He states things in a straightforward manner. Everything in the book is somewhat common sense, but the way he says to go about executing it is so helpful. Like I know I want my child to do this but how do you go about doing it? I am a lot happier mother after reading this book and I'm sure my twin girls are too.

This is a fairly handy reference book, but I find the tone really unhelpful. I don't mind advice that defies conventional wisdom if it's well-supported, but I really don't like the author's tendency to make bold pronouncements without explaining himself.

Life-changing. It all started when a friend emailed me The NY Times article. We sleep trained both kids (our oldest at 11.5 weeks, our 5 month old at 9.5 weeks) and never looked back. Everyone sleeps 8 hours. The rest of our day is exhausting but I will always be grateful to Dr Cohen.

Helps you to chill out about everything. The general approach is - don't stress, it will be ok. But also lets you know when it's not ok. Non dogmatic, sensible, with a light touch. Actually fun to read.

This is the BEST BABY BOOK EVER. ALL THE OTHERS ARE WAY too worrisome; listing every POSSIBLE thing that can ever happen. THIS is really a great great book for first time parents.

Excellent informative book. I enjoy the relaxed approach and to the point, without unnecessary words. I absolutely love it.

This should be required reading for every new parent. A great guide on what to anticipate in baby's first years, what's "normal," and most importantly, what to not worry about.

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