

# what to expect the first year filetype:pdf

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## **First Year for Your Newborn Baby - What to Expect**

The first year of newborn babies is exciting! Learn more about milestones and development, and what to look forward to during your little one's first year of life.

## **Baby Growth and Development Month by Month - What to Expect**

Here's your guide to your baby's first year and all its major milestones (first smile, giggle, step, words), challenges (colic and teething and diaper rash, oh my!) and more.

## **Newborn Baby Week 1: Milestones and Development - What to Expect**

Your newborn is a marvel to behold ... and hear. Here's what your new baby is doing in the first weeks of life.

## **Newborn Care and Development 101 - What to Expect**

Everything you need to know about baby's development over the first few months of life and what you need to do to care for a newborn.

## **What to Expect - The Most Trusted Pregnancy & Parenting Brand**

The educational health content on What To Expect is reviewed by our medical review board and team of experts to be up-to-date and in line with the latest evidence-based medical information and accepted health guidelines, including the medically reviewed What to Expect books by Heidi Murkoff.

## **Baby Health and Safety - What to Expect**

Find out how you can treat those inevitable colds and coughs, and learn what you can expect month by month, from the early days of infancy to through the first year.

## **Baby Sleep — First Year Sleep Solutions - What to Expect**

Think your baby will never sleep through the night? Here's your guide to establishing healthy bedtime routines and effective sleep strategies so everyone can get some rest.

## **Developmental Milestones for Babies & Toddlers by Age**

Learn more about infant, baby and toddler milestones by month or type. Start with your little one's first smile, first steps, first words, first haircut and more.

## **About Heidi Murkoff, Creator of What to Expect**

In 2005, Heidi expanded the What to Expect (WTE) brand online with WhatToExpect.com, which currently registers over 60% of U.S. pregnancies and features the #1 rated pregnancy app in the App Store, featuring personalized, timely daily messages, a kick counter, a baby feeding tracker and much more.

## **Breastfeeding - What to Expect**

Brush up on everything you need to know about breastfeeding, from tips, best positions and benefits to how to trouble-shoot problems, breastfeed in public, pump and wean your babies.