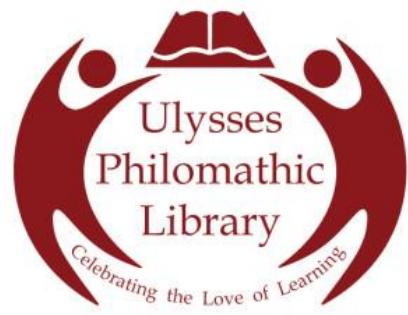


# A Library Guide to Parenting Starter Pack



**Baby Day by Day: in-depth, daily advice on your baby's growth, care, and development in the first year**

## **649 Baby**

Baby Day by Day provides answers to common queries and baby dilemmas, suggestions for age-appropriate games and developmentally stimulating things to do with your baby, as well as a comprehensive health section discussing common childhood ailments.

**Eat, Sleep, Poop: a Common Sense Guide to your Baby's First Year**

## **618.92 Cohen**

Counsels new parents on how to enable confident, anxiety-free parenting at every stage of a baby's first year, in a chronologically arranged reference that addresses common questions, myths and present-day controversies from cord blood banking to plastic bottles

**Just Two More Bites! Helping Picky Eaters say "Yes" to Food**

## **649 Piette**

Pediatric nutritionist Linda Piette has the answers that will help you solve the frustrating problem of infant, toddler, and preschooler mealtimes.

**Cooking for Kids: from Babies to Toddlers**

## **641.5 Ducasse**

Alain Ducasse goes back to basics to rediscover the pleasures of preparing simple, locally sourced, natural food for children, from ages 6 months to 3 years.

**The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years**

## **649 Karp**

Dr. Harvey Karp offers invaluable tips on how to help your newborn, infant, or toddler get the rest they need, while debunking some of the most widely held myths about babies and sleep.

**The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve your Child's Sleep**

**649 Pantley**

Written to help sleep-deprived parents of children ages one to five, this book offers loving solutions to help active children (ages 1-5) get the rest they--and their parents--so desperately need.

**American Academy of Pediatrics Guide to Toilet Training**

**649 Wolraich**

A step by step guide to making the toilet training process pleasant for everyone.

**Oh Crap! Potty Training: Everything Modern Parents Need to Know to do it Once and do it Right**

**649 Glowacki**

Offers a six-step process for toilet training toddlers that covers common difficulties encountered in the process.

**Mindful Discipline: a Loving Approach to Setting Limits & Raising an Emotionally Intelligent Child**

**649 Shapiro**

In Mindful Discipline, a pediatrician and an internationally recognized mindfulness expert offer parents simple yet powerful tools for raising mindful, respectful, and responsible children.

**The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears by Lawrence J. Cohen**

**649 Cohen**

Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. This book offers simple, effective strategies that build connection through fun, play, and empathy.

**Other books are available in the adult collection (call number 649) and by request from other Finger Lakes Library Branches. Please ask at the desk for assistance!**