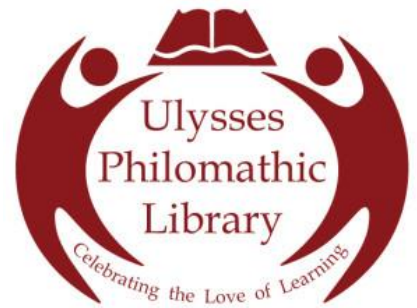


A Library Guide to Parenting Starter Pack



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!