



## A Perfect Start: Or Coping with the First Months of Parenthood

By Christine Hill, Peter Hill

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, A Perfect Start: Or Coping with the First Months of Parenthood, Christine Hill, Peter Hill, For many parents the first few months after a baby's birth can be a time of shock and adjustment as well as personal joy. Fatigue, confusion and feelings of incompetence are as common as the delight and pride which are part of having a baby. In this friendly, accessible guide, Christine and Peter Hill take over from where other pregnancy books stop and before baby books begin. They provide a vast amount of practical and down-to-earth guidance on: - What to expect in hospital and afterwards at home - How to cope with persistent crying - Dealing with feelings of depression and isolation - Looking after yourself as well as your baby - How to maintain fulfilling relationships with parents and friends - When and when not to return to work. Drawing on the experiences of over 5,000 mothers - and fathers - with new babies, and now fully updated, this authoritative guide is both reassuring and fun to read.



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