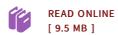




## A Perfect Start: Or Coping with the First Months of Parenthood

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.



## Reviews

This is the best publication we have study till now. It is writter in basic terms and not difficult to understand. I am effortlessly will get a satisfaction of studying a written pdf.

-- Jasen Roberts

Very beneficial to all category of folks. I really could comprehended every little thing out of this created e publication. I found out this book from my dad and i encouraged this ebook to discover.

-- Maia O'Hara