

The owner's manual for parents on a budget

Baby Basics sold 750,000 copies to non-profits and became the pregnancy bible for lower-income expecting families. Here's a book (and series) for what comes next...

I JUST HAD A
BABY!
NOW WHAT?

From Birth to Baby Steps
with a little help from friends...

New parenthood can be fun, but it is hardly easy. That's why even parents who rarely read are eager for information and support. **Now What** books' first person stories and illustrations mirror parent's struggles, shares their values, and reflects their cultures – entertaining as it informs. "*I Just Had A Baby! Now What?*" will provide a joyful reading experience that will help new parents, and spark new readers.

- **Baby Care Basics:** Practical, illustrated help with everything from breastfeeding, bathing, and burping to diapering and dressing, and even a few hints on what you and your landlord can do about baby-proofing.
- **Baby's Building Blocks:** Simple and clear, here's what we know about how babies' bodies **and** brains develop, plus fun ways to support babies early learning through singing, talking, reading and playing.
- **Parent's are People:** Friendly, funny, compassionate and very practical help for dealing with ALL of the surprises that come with a new baby – from exhaustion to exhilaration. First person stories and advice on relationships, keeping your cool, and making a plan for going back to school, work and your future. Because nobody's happy 'til Momma's happy!
- **Nutrition Tastes Good!** Great recipes and shopping ideas to help parents feed baby AND selves.
- **Family Budget:** Realistic, simple and useful help on planning monthly expenses and shopping tip for eating well, and baby expenses.
- **Healthy Mother, Healthy Baby:** From the first post-partum appointment, to family planning, to well baby visits, vaccinations and partnering with the Pediatrician.
- **How Sick is my Baby?** Let's play Dr. Mom. Do we need a phone call? Dr. visit? ER?
- **Daddy is my Man:** For fathers, brothers and grandpas who love babies.
- **Childcare Choices:** How, where, what to look for – this is the time when inside info makes a big difference!
- **Can a Baby be Bad?** Staying cool when babies do what they do.
- **Navigating the System:** What is this alphabet soup TANF, SNAP and what else can help parents succeed. (with more on-line)

**NOW
WHAT?**

The 1st in the series!

300 pages

\$10.00 (partner discounts available)

Due: November 2017



With advice from
doctors, lawyers,
accountants, grandmas
and others who care..



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