



The Everything Mother's First Year Book: A Survival Guide for the First 12 Months of Being a Mom (Everything®)

Robin Elise Weiss

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You're thrilled to be a new mom, but do you know what to expect when you bring your baby home? *The Everything Mother's First Year Book* is the invaluable resource you need to prepare for this life-changing event. From when to go on maternity leave and how to choose a pediatrician to when--or if--to go back to work (and how to survive without sleep), this all-in-one guide helps you step into your role as mom as seamlessly as possible.

Includes advice on:

- Getting through those first frantic days (and nights)
- Caring for baby and family as a whole, at the same time
- Dealing with mood swings and depression
- Returning to work outside the home
- Finding quality daycare and a babysitter
- Recovering your sense of self

Packed with real-time tips and expert counsel, *The Everything Mother's First Year Book* is your key to maneuvering the first twelve months of motherhood with ease!

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