

Eat, Sleep, Poop

A Common Sense Guide to Your Baby's First Year

- from an Award-winning Pediatrician/Dad

A young, charismatic pediatrician offers advice and guidance culled from his medical practice *and* his first year as a brand-new father in this concise and comprehensive guide to the first year of a child's life.

This straightforward, engaging guide includes everything parents need to know at each age and stage of baby's first year, and gives them the best tool for confident, anxiety-free parenting: informed common sense.

Drawing on the latest medical recommendations, his medical practice, and his experiences as a new father, Dr. Scott Cohen delivers an alternative to overwhelming, encyclopedic parenting books and strict regimens. Organized by subject and chronology and filled with helpful diagrams, quick reference worksheets, and entertaining and revealing daddy vs. doctor sidebars, *Eat, Sleep, Poop's* user-friendly format walks readers through everything from preparing for baby's arrival to preventing illnesses to the ins and outs of those three basic functions that will come to dominate a new parent's life. It addresses common questions, strategies, myths, and also controversial topics such as cord blood banking, plastic bottles, and vaccines. In each instance, Dr. Cohen provides a simple answer--a "common sense bottom line."

With his lively, practical, reassuring approach and emphasis on doing not only what is medically sound but also what works best for you and your baby, Dr. Cohen, already a sought-after expert online, is poised to become the Dr. Spock, Dr. Sears, or Dr. Brazelton for the twenty-first century.

Scott W. Cohen, M.D., FAAP, is the co-founder of Beverly Hills Pediatrics, where he currently practices. He is also an attending and active member of the teaching staff of Cedars Sinai Medical Center, where he was awarded Pediatrician of the Year in 2006 and

was the recipient of the Physician Recognition Award in Pediatrics in 2005 and 2008. He completed his pediatric training in 2003 at the Childrens' Hospital Los Angeles, one of the top pediatric training facilities in the country. There, he was the recipient of the Victor E. Stork Award for continued excellence and future promise in the care of children. He lives in Los Angeles with his wife and daughter.