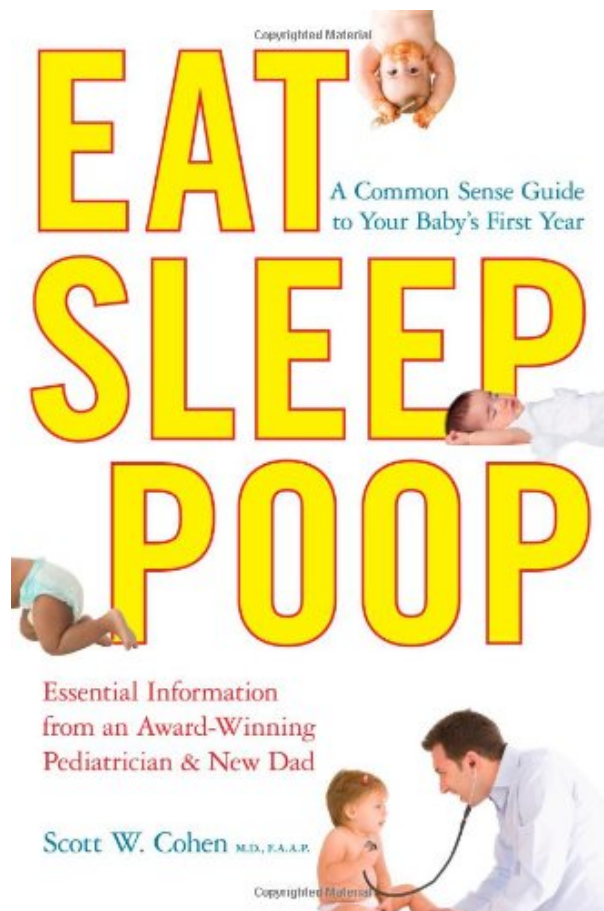


EAT, SLEEP, POOP: A COMMON SENSE GUIDE TO YOUR BABY'S FIRST YEAR BY SCOTT W. COHEN



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EAT

A Common Sense Guide
to Your Baby's First Year

SLEEP

POOP



Essential Information
from an Award-Winning
Pediatrician & New Dad

Scott W. Cohen M.D., F.A.A.P.

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EAT, SLEEP, POOP: A COMMON SENSE GUIDE TO YOUR BABY'S FIRST YEAR BY SCOTT W. COHEN PDF

Written during award-winning pediatrician Dr. Scott W. Cohen's first year as a father, this book is the only one to combine two invaluable "on the job" perspectives—the doctor's and the new parent's.

The result is a refreshingly engaging and informative guide that includes all you need to know at each age and stage of your child's first year. Drawing on the latest medical recommendations and his experiences at home and in the office, Dr. Cohen covers everything from preparing for your baby's arrival to introducing her to a new sibling, to those three basic functions that will come to dominate a new parent's life. Eat, Sleep, Poop addresses questions, strategies, myths, and all aspects of your child's development. In each instance, Dr. Cohen provides a thorough overview and a simple answer or explanation: a "common sense bottom line," yet he doesn't dictate. The emphasis is on doing what is medically sound and what works best for you and your baby. He also includes fact sheets, easy-to-follow diagnosis and treatment guides, and humorous daddy vs. doctor sidebars that reveal the learning curve during his first year as a dad.

Lively, practical, and reassuring, Eat, Sleep, Poop provides the knowledge you need to parent with confidence, to relax and enjoy baby's first year, and to raise your child with the best tool a parent can have: informed common sense.

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28 of 28 people found the following review helpful.

What Do You Do When Your Baby Cries Inconsolably?

By Fred

First, allow me: What a great title, no?

Dr. Cohen is a pediatrician who's written what, in my humble opinion, is one of the better books on the market for new parents. He's written it with humor and common sense, but above all, with a certain gentleness that comes from not only being a doctor, but also a new father.

My son is now turning six months old. The first time my wife left me alone with him, I was petrified: what, I screamed--in my head--should I do if he suddenly erupted in a torrent of crying? How do I tell what's wrong with him? Rachael joked that if only she had a flowchart, I could follow the prompts to find out what to do in each case: diaper? Check. Hungry? Check.

Imagine my most pleasant surprise to find that the good doctor--the good man!--has done this very thing for me. That alone is worth the price! Turn to page 147 and see the wonderful "Crying at Random Times" flowchart. There are others that are invaluable to a left-brain (or is that right-brain) engineer like me.

Even reading the table of contents speaks to a calmness, a kind of lessening that parental anxiety: Chapter 1 is titled Prepare--Save the Date. Chapter 2, Welcome--Your Baby Comes Home, further distilled into 'The Apgar Score' (yeah, what the heck is that anyway?), Antibiotic Eye Ointment, Cord Care. Chapter 9: Hachooo!--Common First Year Health Concerns. And so on--the chapter on vaccinations is a must-read, it certainly helped me make what I think is the proper decision to not only vaccinate my son but to do so on the

suggested schedule.

Each chapter is filled with exceptional, generalized information in clear, non-medical and easily digestible prose. Every so often, there are 'Common Sense Bottom Line' boxes with italicized text of information about what REALLY parents should do, from a sensible perspective with even less jargon, more straightforward information ("If your child poops ten times a day or once a week; has watery, seedy, Play-Doh or soft-serve ice cream consistency poop; has poop that smells like roses or rotten eggs; or has poop that is green or yellow or brown--it is all perfectly normal.")

The personal touches are to be found in the sections titled "Daddy vs. Doctor" in which oftentimes hilarious stories from Dr. Cohen's own experiences raising his baby daughter and dealing with new parenthood will leave you in near stitches and are definitely not to be missed.

The only section of this otherwise elevated book that I would not generally agree with is the advice on sleep--he espouses a modified Cry It Out method that I'm not 100% comfortable with however successful it's been. A bit of better advice in my opinion is The 90 Minute Baby Sleep Program by Polly Moore. In addressing colic and colicky, fussy babies, I believe an extensive coverage of the subject is provided by Harvey Karp's The Happiest Baby on the Block although Dr. Cohen does touch on the generalities of calming and soothing babies using those same techniques.

The basic and clear advice given is refreshing and above all calming. As a new dad myself, this is invaluable information but also indicative of that gentleness I wrote of before. Here's some advice I believe all new parents should take to heart, which he gives in the Afterword (but before the REALLY excellent References section):

Keep life with your baby simple. Trust your instincts and use common sense as your guide. Imagine there was no Internet. Imagine there was nobody to call in the middle of the night for advice. Imagine you lost your cable connection. Now imagine you are alone at night and your child starts to cry inconsolably. What would you do? Your natural parenting instincts would take over and you and your child would be okay. And after reading this book you have the added knowledge to handle these situations with confidence.

Well-said, doc. A definite "must-buy" recommendation from me.

By the way, if you're a new parent and own the Droid, get the ESP (Eat Sleep Poop) app--not related to this book, it just rocks!

[Update 12/16/2010: My son is now almost one year old and I continue to use Eat Sleep Poop as a ready reference. I have also changed my mind about sleep training and now agree with Dr. Cohen. Further reading of Polly Moore's book showed she also espouses a modified sleep training scheduling including a Cry It Out methodology. This book continues to be wonderful and even now recommend higher than ever!]

22 of 26 people found the following review helpful.

Absolutely GREAT!

By Alan Sitomer

Dr. Scott Cohen has written one heck of a fantastic book. He's like the Dr. Spock for our generation. (The baby guy who wrote all those books 50 years ago; not Star Trek.) His common sense approach to pediatrics takes the hysteria and fear out of being a new parent. I found comfort, joy, humor and love in these pages. An absolutely informative, smart, well-written and easily understandable text that has helped me be a better, more well-informed and confident new parent. BIG THUMBS UP!!

6 of 6 people found the following review helpful.

A practical guide to life with a newborn

By MarkK

For first-time parents, raising their new child can be a frightening experience, as is evidenced by the shelves groaning with how-to books on the subject. Scott Cohen's book is not just the latest addition, it is also one of the better ones thanks to his dual credentials: not only is he a pediatrician, but he also is the father of a baby daughter, which affords him with the opportunity to test longstanding medical advice against the realities of child-rearing. Aiding him in this process is a refreshing degree of humility; Cohen has no qualms about admitting that being a dad is very different from being a doctor, and that even with his training and experience he found it hard to take his own advice.

Cohen channels this knowledge and experience into eleven chapters that offer practical advice for the range of issues parents will face with their newborns. From preparing for the blessed day to dealing with the inevitable illnesses, Cohen explains to his readers what new parents can expect and how best to deal with it. To that end, he synthesizes much of his advice into handy bullet points, checklists, and charts that can aid parents as a quick reference when dealing with these issues. For the most part he adopts a relaxed approach, explaining when concern is warranted and when a parent's worries can be overblown. All of this is conveyed in a friendly tone aided by a light touch of humor, usually offered at his expense. Such jokes convey what is perhaps the best point Cohen has to offer - that even the best-prepared of us can expect to make mistakes, yet babies are perfectly capable of surviving our occasional mistakes to grow into happy children. It is a lesson I expect I will be reminding myself of as I embark upon fatherhood, and which alone made this book worth reading.

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