

What Expect First Year Murkoff Heidi

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What Expect First Year Murkoff

Before my oldest son was born, I was given a copy of Heidi Murkoff and Sharon Mazel's best-seller, What to Expect When You're Expecting. There is a lot to learn for new parents and a pregnancy guide ...

What to expect (financially) when you're expecting

These are some of the biggest myths parents-to-be often hear about the COVID-19 vaccine — and why they're untrue. By now, you've likely heard that leading health officials and experts from groups such ...

Myths About the COVID-19 Vaccine During Pregnancy

But that's why What to Expect creator Heidi Murkoff recently sat down with Dr. Anthony Fauci ... Which is the reason why, when you first have a clinical trial, you want to show it safe and effective ...

Are COVID-19 Vaccines Safe During Pregnancy? Heidi Murkoff Asked Dr. Fauci

in a recent interview with What to Expect founder Heidi Murkoff. "However, when you look at the unvaccinated versus the vaccinated, there is absolutely no increased risk of that." Here's what the ...

There's No Evidence That the COVID-19 Vaccines Increase Miscarriage Risk

Why is it so important to encourage sensory play? Sensory stimulation is an important way that babies first get to know the world around them. As sensory play progresses to hands-on activities, it ...

Sensory Play Activities for Babies and Toddlers

Photos of your baby's first bath are priceless, but those make better private family keepsakes than images to share with everyone you know. Remember: Your baby will one day no longer be a baby.

Baby Photos on Facebook and Instagram

Amy Schumer decided to take a break from having children due to her declining health that led to the removal of her uterus.

Amy Schumer Details Health Issues Following Birth of Her Child

But it won't be long before you can start adding more movement-based activities to your child's routine — from simple hand games, to encouraging her to crawl towards objects, to helping her take those ...

How to Encourage Active Play in Babies and Toddlers

"Why does my baby cry when I come home from work? I thought he'd be happy to see me!" If you're a working parent, it can be really tough to head home after a long day away from your baby, visions of a ...

How to Cope When You Come Home to a Crying Baby

As your baby grows and begins to wake up from the foggy newborn phase where it seems like all she does is eat, sleep and poop, you'll find you have a slightly more active baby on your hands. Sure, by ...

Best Activities for a 4-Month-Old Baby

Formula-fed babies do not need added iron. After starting solids: 7- to 12-month-olds: 11 milligrams (mg) of iron a day 1- to 3-year-olds: 7 mg of iron a day Even though you may be worried about your ...

Can Babies Have Too Much Iron?

The problem? Installing a car seat can be tricky, especially for first-time parents, and more than half of car seats are installed incorrectly. When you're installing a rear-facing infant car seat, ...

How to Install a Rear-Facing Infant Car Seat

If you're expecting your first baby soon, it's time to start thinking about car seats. You may already know that there are two types of car seats for newborns: infant car seats and convertible car ...

Infant vs. Convertible Car Seats: What's the Difference?

If you're like most new parents, you might feel a little intimidated when it's time to leave the hospital with your newborn and place her in her infant car seat for the very first time. Here, we're ...

How to Buckle Your Newborn Into a Car Seat

First, some background on rear-facing and forward-facing seats ... Now, it's considered the absolute minimum, because most 2-year-olds won't be adequately protected from a crash in a forward-facing ...

When Should Your Child Switch to a Forward-Facing Car Seat?

"My daughter was born in the summer, so this will be my baby's first holiday season. Any tips for how we should celebrate this year?" Having a little elf in the house makes the season even more ...

Your Baby's First Holiday Season

So when will your period return, and how heavy will it be? Here's what you should know about your first postpartum period. When should you expect your first period after giving birth? While it's ...

First Postpartum Period

Monk, M.D., a board-certified pediatrician at Cedars-Sinai in Los Angeles, California, and member of the What to Expect Medical Review Board. Given that children under the age of 12 aren't yet ...

The Delta Variant and Children: What We Know

Trainor, 27, told What to Expect while promoting her ... To celebrate their own "Love at First Taste" moments, parents can share photos on Instagram for a chance to win free Gerber baby food for a ...