



BOOK RECOMMENDATIONS BY DR. CARMEN MOHAN

Parenting/Family

BOOK TITLE: *What to Expect the First Year*

AUTHOR: Heidi Murkoff

BOOK DESCRIPTION: Some things about babies, happily, will never change. They still arrive warm, cuddly, soft, and smelling impossibly sweet. But how moms and dads care for their brand-new bundles of baby joy has changed—and now, so has the new-baby bible.

Announcing the completely revised third edition of *What to Expect the First Year*. With over 10.5 million copies in print, *First Year* is the world's best-selling, best-loved guide to the instructions that babies don't come with, but should. And now, it's better than ever. Every parent's must-have/go-to is completely updated.

Keeping the trademark month-by-month format that allows parents to take the potentially overwhelming first year one step at a time, *First Year* is easier-to-read, faster-to-flip-through, and new-family-friendlier than ever—packed with even more practical tips, realistic advice, and relatable, accessible information than before. Illustrations are new, too.

Among the changes: Baby care fundamentals—crib and sleep safety, feeding, vitamin supplements—are revised to reflect the most recent guidelines. Breastfeeding gets more coverage, too, from getting started to keeping it going. Hot-button topics and trends are tackled: attachment parenting, sleep training, early potty learning (elimination communication), baby-led weaning, and green parenting (from cloth diapers to non-toxic furniture). An all-new chapter on buying for baby helps parents navigate through today's dizzying gamut of baby products, nursery items, and gear. Also new: tips on preparing homemade baby food, the latest recommendations on starting solids, research on the impact of screen time (TVs, tablets, apps, computers), and “For Parents” boxes that focus on mom’s and dad’s needs. Throughout, topics are organized more intuitively than ever, for the best user experience possible.

BOOK TITLE: *Balance Is a Crock, Sleep Is for the Weak: An Indispensable Guide to Surviving Working Motherhood*

AUTHOR: Amy Eschliman and Leigh Oshirak

BOOK DESCRIPTION: Most books for working mothers are earnest, serious guides with some useful information, but lack the snark and practicality that today's overworked moms relate to. Marketing veterans Amy Eschliman and Leigh Oshirak know firsthand what a struggle it can be to hold down a stressful job while raising a family—and that sometimes the only way to preserve your sanity is with laughter. A survival guide for the rest of us, *Balance Is a Crock, Sleep Is for the Weak* is filled with bitterly funny topics like

- Congratulations. Now, where do I slot baby in Outlook?
- Maternity Leave: Vacation or Hell?
- The Breastaurant is Open for Business: The Pump and Grind of Nursing after You Return to Work
- You Are Not Your Husband's Mother! and other Time-Sucking Obligations
- And more day-to-day advice for surviving the working-mommy trenches

Balance Is a Crock, Sleep Is for the Weak is the indispensable what to expect when you're expected back at work guide for working mothers or any woman considering returning to work after baby.

BOOK TITLE: *New Baby Care: A Practical Guide to the First Three Years*

AUTHOR: Dr. Miriam Stoppard

BOOK DESCRIPTION: A practical, comprehensive, illustrated guide to child care, from infancy to age three, discusses the step-by-step physical, emotional, and intellectual development of the child during this crucial period and provides hundreds of

practical solutions to a variety of issues and challenges, from nutrition and hygiene to safety and dealing with common childhood ailments.

BOOK TITLE: *Reshaping the Work-Family Debate: Why Men and Class Matter*

AUTHOR: Joan C. Williams

BOOK DESCRIPTION: The United States has the most family-hostile public policy in the developed world. Despite what is often reported, new mothers don't "opt out" of work. They are pushed out by discriminating and inflexible workplaces. Today's workplaces continue to idealize the worker who has someone other than parents caring for their children.

Conventional wisdom attributes women's decision to leave work to their maternal traits and desires. In this thought-provoking book, Joan Williams shows why that view is misguided and how workplace practice disadvantages men—both those who seek to avoid the breadwinner role and those who embrace it—as well as women. Faced with masculine norms that define the workplace, women must play the tomboy or the femme. Both paths result in a gender bias that is exacerbated when the two groups end up pitted against each other. And although work-family issues long have been seen strictly through a gender lens, we ignore class at our peril. The dysfunctional relationship between the professional-managerial class and the white working class must be addressed before real reform can take root.

Contesting the idea that women need to negotiate better within the family, and redefining the notion of success in the workplace, Williams reinvigorates the work-family debate and offers the first steps to making life manageable for all American families.



BOOK TITLE: *NurtureShock: New Thinking about Children*

AUTHOR: Po Bronson and Ashley Merryman

BOOK DESCRIPTION: In a world of modern, involved, caring parents, why are so many kids aggressive and cruel? Where is intelligence hidden in the brain, and why does that matter? Why do cross-racial friendships decrease in schools that are more integrated? If 98% of kids think lying is morally wrong, then why do 98% of kids lie? What's the single most important thing that helps infants learn language?

NurtureShock is a groundbreaking collaboration between award-winning science journalists Po Bronson and Ashley Merryman. They argue that when it comes to children, we've mistaken good intentions for good ideas. With impeccable storytelling and razor-sharp analysis, they demonstrate that many of modern society's strategies for nurturing children are in fact backfiring—because key twists in the science have been overlooked.

Nothing like a parenting manual, the authors' work is an insightful exploration of themes and issues that transcend children's (and adults') lives.

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