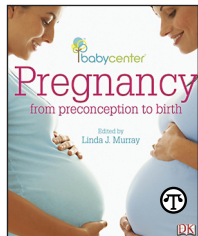


# Pointers for Parents

## Expert Baby Advice At Your Fingertips

(NAPSA)—Soon-to-be and new parents are faced with a variety of questions from the curious, “What is normal?” to the concerned, “When should I call the doctor?”

To answer these and every other question in between, two new beautifully illustrated books offer a source of trusted, expert pregnancy and baby advice. “BabyCenter Pregnancy” explains what happens at every stage



of pregnancy—from the latest medical advances to parents’ real-life experiences. This book helps you have a healthy pregnancy and prepares

you for birth and beyond.

“BabyCenter Baby” is with you every step of the way, week by week from early bonding and first smiles to health worries and developmental stages, providing the tools parents need to raise happy, healthy children.

Each book contains vital information for parents, such as overcoming sleep pitfalls. Getting your baby to settle down and sleep well can seem like an uphill struggle, but there are ways to help achieve this over time.

### Sleeping Baby Basics

Here are a few tips to help:

- Once you find a routine, stick to it!
- Give your plan time to work—



**Getting your baby to settle down and go to sleep can be easier with a few tips from the experts at BabyCenter.com.**

at least one or two weeks.

- Try not to let your baby doze off in the late afternoon.
- Make nighttime feedings quiet and comforting, then day feedings can be more social and chatty.
- Know that no one approach works for every baby, and you may have to try several different plans before your baby becomes a model sleeper. The advice comes from BabyCenter’s ultimate guides to understanding, caring for and raising your new baby. Both books are published by DK Publishing.

For more information, visit <http://us.dk.com>.