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FOR IMMEDIATE RELEASE

Help! My Baby Came Without Instructions

How to Survive (and Enjoy) Your Baby's First Year

By Blythe Lipman

Bringing home baby can be one of the scariest days in a new parent's life. A truly helpful how-to, Blythe Lipman's guide to caring for babies is the perfect resource for first-time parents who wish their new baby came with an instruction manual. Lipman has devoted her life to the gentle art of infant care and offers wise and witty practical advice in this parent-tested, expert-approved book. Filled with invaluable information new parents really need, Lipman's book includes plenty of true-life stories and guidance to help them through those first nerve-racking months.

Help! My Baby Came Without Instructions will have nervous new moms and sleep-deprived dads feeling confident about their parenting skills. Hints on daily routines, sleep patterns, crying, the art and science of diapering, and traveling with a newborn are also provided.

Blythe Lipman, CDA, is an Infant Care Specialist and has worked with babies for over twenty years. She began her career at Boston University's Neonatal Care Unit. Blythe has helped countless new, sleep-deprived parents with workshops, in-home visits, invaluable tips, and sound advice. Her work with parents, preschools, hospitals, and caregivers throughout North America earned her a reputation as one of the top infant care experts of today. She and her family live in Scottsdale, Arizona.

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