

Babyhood: Penelope Leach's Essential Guide to the First Months and Years of Parenthood

Penelope Leach's *Babyhood* is an essential guide to the first months and years of parenthood, offering practical advice and support on everything from feeding and sleeping to discipline and play. With over 40 years of experience as a child psychologist, Leach provides a wealth of knowledge and insight into the challenges and joys of parenting.



Babyhood by Penelope Leach

★★★★☆ 4.8 out of 5

Language	: English
File size	: 9187 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 442 pages



What's inside *Babyhood*?

Babyhood is divided into three parts:

1. **The First Three Months:** This section covers the basics of newborn care, including feeding, sleeping, bathing, and diapering. Leach also provides advice on how to cope with the emotional and physical challenges of the early weeks of parenthood.

2. **The Second Six Months:** This section covers the developmental milestones that babies reach between 3 and 6 months, including rolling over, sitting up, and crawling. Leach also provides advice on how to promote your baby's development through play and interaction.
3. **The Second Year:** This section covers the major developmental milestones that babies reach between 6 and 12 months, including walking, talking, and eating solid foods. Leach also provides advice on how to discipline your toddler and help them develop a sense of independence.

What makes Babyhood different from other parenting books?

There are a few things that set Babyhood apart from other parenting books:

- **Leach's approach is based on her extensive experience as a child psychologist.** This means that her advice is not only practical, but also informed by a deep understanding of child development.
- **Leach writes in a clear and engaging style.** She avoids jargon and technical terms, and she presents her information in a way that is easy to understand and apply.
- **Babyhood is a comprehensive guide to the first months and years of parenthood.** It covers everything from the basics of newborn care to the challenges of toddlerhood. This makes it an invaluable resource for new parents.

Who should read Babyhood?

Babyhood is a must-read for all new parents. It is also a valuable resource for experienced parents who are looking for support and guidance as their

children grow and develop.

Penelope Leach's *Babyhood* is an essential guide to the first months and years of parenthood. With its practical advice, supportive tone, and comprehensive coverage, *Babyhood* is a must-have for all new parents.



Babyhood by Penelope Leach

★ ★ ★ ★ ☆ 4.8 out of 5

- Language : English
- File size : 9187 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 442 pages



Reflections For Your Heart and Soul: A Journey of Self-Discovery and Healing

In the depths of our hearts, we hold a wellspring of wisdom and resilience. Reflections For Your Heart and Soul invites you on a transformative...



The Heroines Club: Empowering Mothers and Daughters

The Heroines Club is a mother daughter empowerment circle that provides a supportive and empowering environment for mothers and daughters to...