

# [PDF] Heading Home With Your Newborn: From Birth To Reality

Jennifer Shu, Laura A. Jana - pdf download free book

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#### Books Details:

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#### Description:

**Review** "This book packs the advice of a parenting class, a doctor's visit, and a best friend into one indispensable package." □*Library Journal*, on the first edition

"The authors do an outstanding job of handling the basics, and this remains one of the best bringing-baby-home books in print." □*Library Journal-Book Smack*

"In an era of one-size-fits-all parenting advice, this book truly stands out." □Armin Brott, author, The Expectant Father series, on the first edition

"Its spirited, light, and conversational tone makes readers feel like they are talking to a trusted good friend who just happens to be a pediatrician." □John C. Nelson, MD, MPH, obstetrician-gynecologist, past president, American Medical Association, on the first edition

"A family-friendly, easily read□guide to the unique experience of caring for a newborn that is both practical and medically sound." □Lillian Blackmon, MD former chair, AAP Committee on Fetus and Newborn

"The advice you'd get from your sister or best friend, if she had her baby only last year." □Gil Fuld, MD AAP, News Editorial Advisory Board

"This book will lower your stress about raising your child. It is a wonderful narrative that reads as if it was a conversation among friends. You can have a shared learning experience with the authors who are moms, docs, and daughters and really do know." □George A. Strait, former medical correspondent, ABC News

**About the Author** Laura A. Jana, MD, FAAP is a pediatrician, author, and national health communicator. Having co-founded The Dr. Spock Company in 1999, Dr. Jana has been actively involved in national parenting media for over a decade and is the co-author of *Heading Home with Your Newborn* (AAP) and *Food Fights* (AAP). She now lives with her husband and 3 children in Omaha, Nebraska where she also owns and operates an educational child care center called Primrose School of Legacy.

Dr. Jana is a member of the AAP's Executive Committee for Early Education and Child Care, part of Dr. Nancy Snyderman's BeWell/LLuminari Expert Network, an early literacy advocate for Reach Out and Read and co-founder of *Amazing Me Books*, a certified child passenger safety technician, and a consultant to several corporate, academic, and government organizations on a broad range of topics related to the health and well-being of children. She is also on the Advisory Board for *American Baby* magazine and the Walt Disney Internet Group, has appeared nationally on shows including NPR's *The Parent's Journal*, the *Today* show, CNN's *Nancy Grace*, *ABC News*, and *Fox*, and is well recognized as Omaha's parenting expert for her local NBC affiliate.

Jennifer Shu, MD, FAAP is a pediatrician, author and mother in Atlanta. As the medical editor for *HealthyChildren.org*, she serves as an expert on parenting issues and provides oversight and direction for site in conjunction with the Managing Editor and staff.

An enthusiastic and experienced writer and public speaker, Dr. Shu is frequently featured as a medical expert in numerous national and local television and radio shows, Internet articles, parenting magazines, newspapers and medical publications. Dr. Shu is editor-in-chief of the *American Academy of Pediatrics' Baby & Child Health* and co-author of the award-winning books *Heading Home with Your Newborn* and *Food Fights*, both published by the AAP.

Dr. Shu received her bachelor's degree at the University of Virginia and her medical degree from the Medical College of Virginia. Dr. Shu completed her pediatric training and chief residency at the University of California in San Francisco. She has worked in the private practice setting as well as in academics, as a former director of the normal newborn nursery at Dartmouth-Hitchcock Medical Center. Dr. Shu has been a leader within the medical profession as a past national chairperson of the

young physicians sections for both the American Medical Association and the American Academy of Pediatrics.

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