

1. Record Nr.	UNINA9910818524403321
Autore	Brink Susan <1947->
Titolo	The fourth trimester : understanding, protecting and nurturing an infant through the first three months // Susan Brink
Pubbl/distr/stampa	Berkeley : , : University of California Press, , c2013
ISBN	1-283-86034-1 0-520-95451-3
Edizione	[First edition.]
Descrizione fisica	1 online resource (225 pages)
Disciplina	649/.122
Soggetti	Infants - Care Infants - Development Newborn infants - Care Newborn infants - Development
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Frontmatter -- Contents -- Preface -- Introduction: A Transition from the Comfort of the Womb to the Reality of the World -- 1. Evolution and the Primitive Brain of a Newborn: Why Infants Arrive Unfinished -- 2. Crying: The Wakeup Call That Says Everything Has Changed -- 3. Sleeping: Irregular and Sporadic Sleep Is Normal in the Fourth Trimester -- 4. Feeding: Breast Milk and Formula -- 5. Sound: Laying the Foundation for Speech -- 6. Sight: From Forms to Faces -- 7. Touch: Pain and Pleasure -- 8. Physical Development: Getting Ready to Crawl, Walk, and Run -- 9. Stimulation: Keep It Real, Keep It Simple -- 10. Mom and Dad: The Parents' Fourth Trimester -- Notes -- Acknowledgments -- Index
Sommario/riassunto	The first three months of a baby's life is an outside-the-uterus period of intense development, a biological bridge from fetal life to preparation for the real world. The fourth trimester has more in common with the nine months that came before than with the lifetime that follows. This comprehensive, intimate, and much-needed "operating manual" for newborns presents a new paradigm of a baby's early life that shifts our focus and alters our priorities. Combining the latest scientific findings with real-life stories and experiences, Susan

Brink examines critical dimensions of newborn development such as eating and nutrition, bonding and attachment, sleep patterns, sensory development, pain and pleasure, and the creation of foundations for future advancement. Brink offers well-informed, practical information and the reasons behind her advice so that parents and caretakers can make their own decisions about how to care for a newborn during this crucial period. The Fourth Trimester assures readers that infants are as biologically capable as they are physically helpless. They thrive on what is readily available in every household: consistent, loving attention.
