In the early days of parenthood, you’ll likely want to do some additional reading on what to expect when it comes to newborn sleep, feeding, and general health and wellness. The following pages include resources recommended by UCLA Health pediatricians.
Books You Might Find Helpful

- **“Caring for Your Baby and Young Child, 7th Edition: Birth to Age 5”**
  American Academy of Pediatrics

- **“The Happiest Baby on the Block”**
  Harvey Karp

- **“The Nursing Mother’s Companion, 7th Edition”**
  Kathleen Huggins

- **“What to Expect the First Year”**
  Heidi Murkoff

- **“Heading Home with Your Newborn: From Birth to Reality”**
  Laura A. Jana MD FAAP and Jennifer Shu MD FAAP

- **“Baby 411: Clear Answers & Smart Advice For Your Baby’s First Year”**
  Denise Fields and Ari Brown M.D.

- **“Your Child’s Health: The Parents’ One-Stop Reference Guide to: Symptoms, Emergencies, Common Illnesses, Behavior Problems, and Healthy Development”**
  Barton D. Schmitt

- **“Healthy Sleep Habits, Happy Child”**
  Marc Weissbluth

Websites You Might Find Helpful

- **PARENTING RESOURCES**
  - American Academy of Pediatrics parenting website
    healthychildren.org
  - American Academy of Pediatrics
    aap.org
  - The National Institutes of Health
    nih.gov
  - Shot by Shot: Vaccine stories
    shotbyshot.org

- **HEALTH INFORMATION**
  - Centers for Disease Control and Prevention: Vaccine information
    cdc.gov/vaccines
  - American Academy of Pediatrics
    aap.org
  - The National Institutes of Health
    nih.gov
  - Shot by Shot: Vaccine stories
    shotbyshot.org

- **EXPECTANT AND POSTPARTUM MOTHERS**
  - What to Expect
    whattoexpect.com
  - Postpartum Support International
    postpartum.net
  - NIH Drugs and Lactation Database (LactMed)
    ncbi.nlm.nih.gov/books/NBK501922

- **GENERAL BABY WEBSITES**
  - Baby Center
    babycenter.com
  - Kidsource
    kidsource.com
  - Kids Health
    kidshealth.org

- **SAFETY WEBSITES**
  - Poison Control
    aapcc.org
  - Safe Kids Worldwide
    safekids.org
  - SafetyBeltSafe U.S.A.
    carseat.org
  - U.S. Consumer Product Safety Commission
    cpsc.gov

- **SPECIALTY GROUPS**
  - Parents of kids with infectious diseases
    pkids.org
  - An orthopedic website created by a pediatric orthopedic surgeon
    orthoseek.com