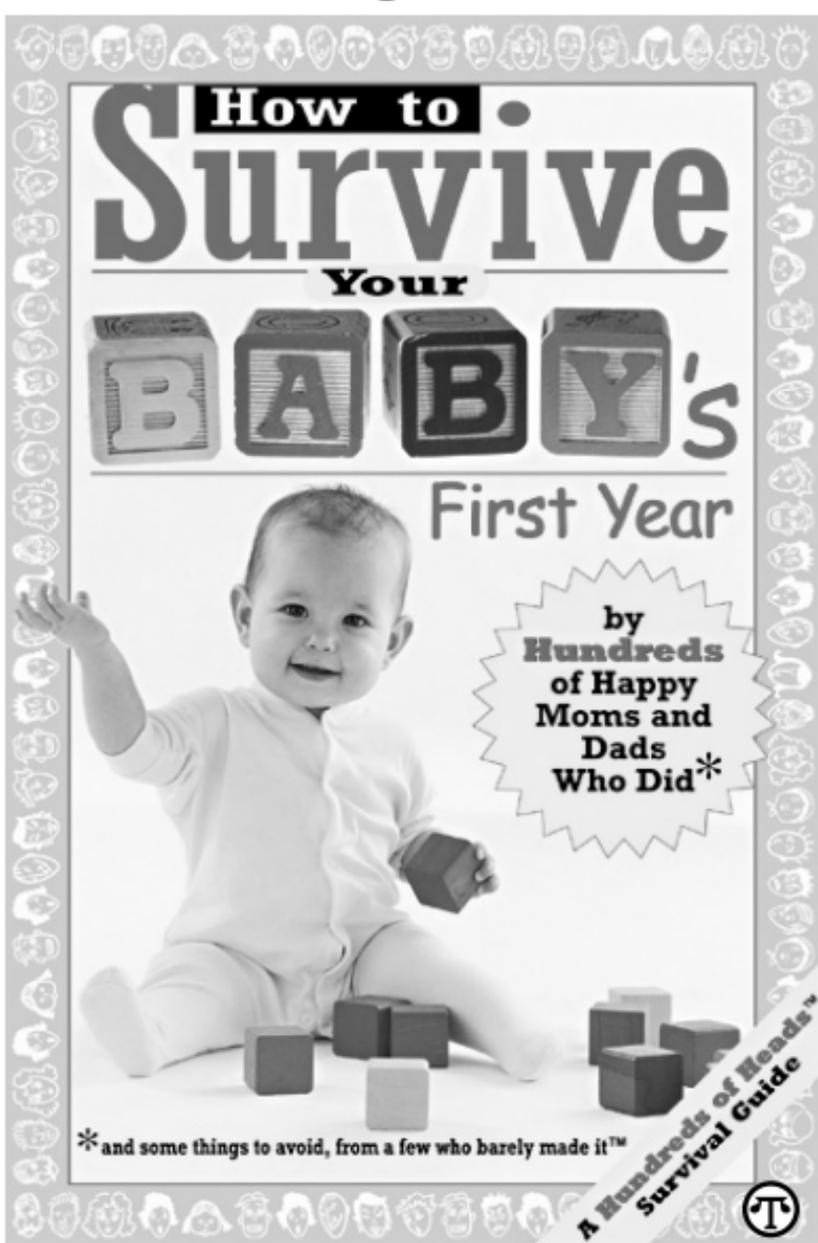


# Secrets Of Surviving Your Baby's First Year

(NAPSA)—If you're like most new parents, you probably have a million thoughts racing through your head. Breast-feed or bottle? How to handle crying or getting your baby back to sleep? Finding answers to these questions is a lot easier thanks to "How to Survive Your Baby's First Year," (Hundreds of Heads Books, \$12.95), the newest book in the Hundreds of Heads survival guide series.



**Sample advice... "Create a car emergency kit: extra diapers, lots of wipes, a blanket, and plastic bags for disposal."**

Unlike parenting books that give only the opinion of one expert, this one includes words of wisdom from hundreds of parents—both moms and dads, nationwide—who have been there, done that. Their sometimes funny and always useful real-world baby experiences will help new parents face the endless challenges of bringing up a baby.

"How to Survive Your Baby's First Year" includes advice on pregnancy, birth, breast-feeding and formula, sleeping, work and family, learning and discipline.

Reading the book is like having a big circle of seasoned parents in one room offering you their hard-earned advice about your toughest questions and sharing their favorite parenting moments.

The book is now available nationwide or by visiting [www.hundredsofheads.com](http://www.hundredsofheads.com).