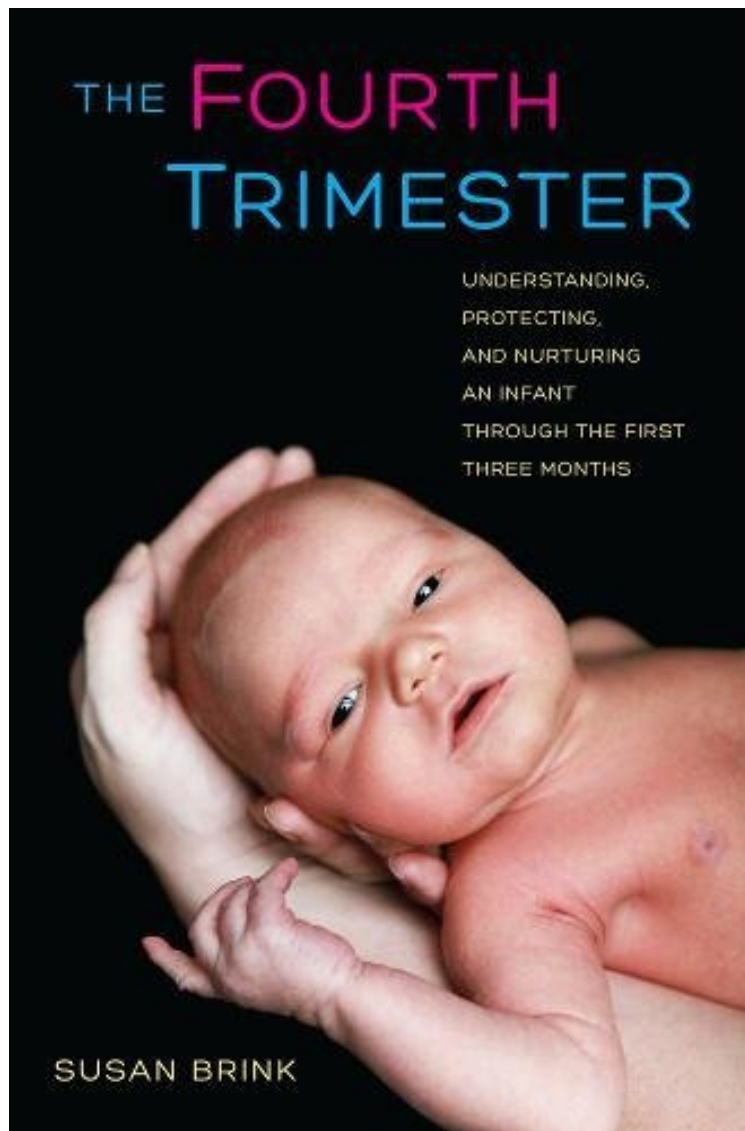


(Mobile pdf) The Fourth Trimester: Understanding, Protecting, and Nurturing an Infant through the First Three Months

## The Fourth Trimester: Understanding, Protecting, and Nurturing an Infant through the First Three Months

*Susan Brink*

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**Susan Brink : The Fourth Trimester: Understanding, Protecting, and Nurturing an Infant through the First Three Months** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Fourth Trimester: Understanding, Protecting, and Nurturing an Infant through the First Three Months:

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understanding why babies are the way they are. During the first three months of their life, they are still developing, just like in the womb. Only now they are doing it outside the uterus. The medical background and research that supports this book gives great insight into just what it is we, as parents, need to do to provide the best care for a newborn. I would highly recommend this book to any new expecting parent. 2 of 2 people found the following review helpful. Great way to see the first few months of life for a newborn. By AL This is a great read that is not filled with fear based research. I am fascinated by the concept of an additional trimester of bonding and nurturing. I highly recommend this book to new or experienced mothers. 1 of 1 people found the following review helpful. Sound advice with solid research to back it up. By Tory Great book. Sound advice with solid research to back it up. I appreciated the current research that debunks some old myths (specifically what a baby can see the first 30 days), as I train postpartum doulas and new parents. It's good to have the research to fall back on. The information was laid out in a way that made it easy to read (not at all like a text book). Thank you Susan Brink!

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.

From the Inside Flap In this important work, Brink shows us something rare in the baby book world: an author that knows who parents are, what they need, what is supportive, and what is really good science. She knows the distinctions between value judgments and what we know to be true, scientifically. Brink's ideas couldn't be more appropriate to our historical moment. James. J. McKenna, P.h.D., Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame "The Fourth Trimester will appeal to the audience of young parents. It has lots of helpful information and the idea of a fourth trimester is a helpful concept. Very readable!" Penny Glass, Developmental Psychologist, Head of Child Development Program, Children's Hospital, Washington D.C.