



The Science of Mom: A Research-Based Guide to Your Baby's First Year

By Alice Green Callahan

Download now

Read Online 

The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan

It seems like every time a new mother turns on her computer, radio, or television, she is greeted with news of yet another scientific study about infancy. Ignoring good information isn't the right course, but just how does one tell the difference between solid studies, preliminary results, and snake oil?

In this friendly guide through the science of infancy, *Science of Mom* blogger and PhD scientist Alice Callahan explains how non-scientist mothers can learn the difference between hype and evidence. Readers of Alice's blog have come to trust her balanced approach, which explains the science that lies behind headlines. *The Science of Mom* is a fascinating, eye-opening, and extremely informative exploration of the topics that generate discussion and debate in the media and among parents. From breastfeeding to vaccines to sleep, Alice's advice will help you make smart choices so that you can relax and enjoy your baby.

 [Download The Science of Mom: A Research-Based Guide to Your ...pdf](#)

 [Read Online The Science of Mom: A Research-Based Guide to Yo ...pdf](#)

The Science of Mom: A Research-Based Guide to Your Baby's First Year

By Alice Green Callahan

The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan

It seems like every time a new mother turns on her computer, radio, or television, she is greeted with news of yet another scientific study about infancy. Ignoring good information isn't the right course, but just how does one tell the difference between solid studies, preliminary results, and snake oil?

In this friendly guide through the science of infancy, *Science of Mom* blogger and PhD scientist Alice Callahan explains how non-scientist mothers can learn the difference between hype and evidence. Readers of Alice's blog have come to trust her balanced approach, which explains the science that lies behind headlines. *The Science of Mom* is a fascinating, eye-opening, and extremely informative exploration of the topics that generate discussion and debate in the media and among parents. From breastfeeding to vaccines to sleep, Alice's advice will help you make smart choices so that you can relax and enjoy your baby.

The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan Bibliography

- Sales Rank: #51703 in Books
- Published on: 2015-07-13
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .72" w x 6.00" l, .92 pounds
- Binding: Paperback
- 304 pages

 [Download The Science of Mom: A Research-Based Guide to Your ...pdf](#)

 [Read Online The Science of Mom: A Research-Based Guide to Yo ...pdf](#)

Download and Read Free Online **The Science of Mom: A Research-Based Guide to Your Baby's First Year** By Alice Green Callahan

Editorial Review

Review

Finally, someone has brought some science?and some sense?to the mommy wars. Should be required reading for all new (and old) parents.

(Emily Oster, Brown University, author of *Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong?And What You Really Need to Know*)

Alice Callahan has written a breakthrough book, combining the compassion, warmth, and angst of a mother with the measured reasoning of a scientist. She helps parents not only understand how science works, but how they can access that science to answer their questions. She's found a way to access the scientist in all of us.

(Paul A. Offit, MD, The Children's Hospital of Philadelphia)

Yes! An easy-to-read, fascinating, nuanced review of the science behind new parents' biggest health questions. Many of these issues?infant sleep, breastfeeding, vaccines?have or will hit your 'Should I panic?' button. With gentle guidance, Alice Callahan puts your fears to rest.

(Tracy Cutchlow, author of *Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far)*)

Too many of today's parents treat science as a weapon, using it to justify some choices and condemn others. Yet, most don't fully understand what science can and cannot tell us. By giving parents a comprehensive understanding of how science relates to parenting, Alice Callahan has helped us turn this weapon into a tool for peace. Callahan untangles basic scientific concepts, reveals the realities and limitations of research, and advocates for a measured approach to parenting science that eschews absolutes and acknowledges nuance. *The Science of Mom* is a rare gem in the parenting canon?smart, sensitive, and a lifesaver for a generation of parents caught in the nebulous spider's web of Internet 'wisdom.'

(Suzanne Barston, author of *Bottled Up: How the Way We Feed Babies Has Come to Define Motherhood, and Why It Shouldn't*)

Families routinely search for health information. *The Science of Mom* makes it easy collecting evidence for health decisions and putting it into perspective with a mom-to-mom connection. Callahan's advice is thoughtful, backed by science and feels fueled of love. She is willing to provide powerful advice when detailing the science and safety of vaccines. Keep this book in arm's reach as you support your infant for calm and direction.

(Wendy Sue Swanson, MD, MBE, FAAP, Seattle Children's Hospital, author of *Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and Work-Life Balance*)

Fascinating! Think of all the controversial, hot-button topics that parents obsess about in a child's first year?from vaccines and feeding, bed-sharing to sleep training. Weighing the scientific evidence, Callahan offers balanced insights and in-depth answers?a far cry from the oversimplified advice prescribed by many 'parenting experts.' The result: a must-have guide that's substantive and extremely engaging.

(Jena Pincott, author of *Do Chocolate Lovers Have Sweeter Babies? The Surprising Science of Pregnancy*)

Dr. Callahan isn't bossy, and isn't out to tell you what she thinks. Her book tells you what the science says, and explains how we know what we know, and what things we still need to learn more about. There's humility and warmth, here, which I think parents of newborns will find reassuring.

(*The Pediatric Insider*)

[Callahan] takes a compassionate, non-preachy approach with a goal of not telling the reader what to do but rather how to seek wise advice and make smart decisions...and to enjoy having a baby, which is what it is all about...

(*Live Science*)

This is science-based medicine writing at its best. Callahan doesn't cherry-pick. She knows how to evaluate the entire body of research and put it into perspective along with practical parenting considerations. She enhances her message with a personal touch, including anecdotes about her own experiences as a new mother and about the experiences of her friends and family. If I had three thumbs, I would give this book a 3-thumbs-up recommendation.

(Harriet Hall, MD *Science-Based Medicine*)

... in *Science of Mom*, Alice Callahan, PhD combines the critical eye of a scientist with the heart of a mother to create a helpful resource for all people interested in evidence based infant care and parenting.

(*Science & Sensibility (Lamaze International)*)

... a timely and necessary book for parents... It will help both moms and dads work together to choose the right parenting methods for them and give them a research-based approach to raising a child.

(*Patheos*)

... a fresh and enlightening approach... I'd highly recommend this book to any mom expecting her first child ... or her fourth.

(*Uncommon Motherhood*)

... a solid resource for any new parent or parent to be. Callahan does the work of sorting through the science of baby's first year, so you don't have to.

(Raise Healthy Eaters)

[Callahan's] compassion and empathy for the difficulties of parenting shine through in every chapter, from breastfeeding to vaccines to feeding to sleeping.

(Forbes)

[*The Science of Mom*] should be required reading for all new parents... She calms fears and provides parents with real facts. She doesn't make the decisions for you, but she makes it a lot easier to make sound decisions.

(MomSense)

A book long-overdue in the parenting literature.

(Momma Data)

Name a complex or controversial topic and Callahan provides the science on both sides of the arguments to help parents make wise choices.

(Psychology Today)

The Science of Mom stands out from the crowd...an easy to read, certifiable resource.

(American Reference Books Annual)

About the Author

Alice Callahan holds a PhD in nutritional biology from the University of California, Davis, and spent two years investigating fetal physiology as a postdoctoral scholar. After giving birth to her first child in 2010, she put her scientific training to work answering the big questions of caring for a baby. The creator of the blog *Science of Mom: The Heart and Science of Parenting*, she writes and teaches in Eugene, Oregon.

Users Review

From reader reviews:

Robert Landers:

Have you spare time to get a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a walk, shopping, or went to the actual Mall. How about open or even read a book entitled *The Science of Mom: A Research-Based Guide to Your Baby's First Year*? Maybe it is to be best activity for you. You recognize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with it is opinion or you have other opinion?

Lana Alvis:

Hey guys, do you would like to finds a new book to see? May be the book with the headline The Science of Mom: A Research-Based Guide to Your Baby's First Year suitable to you? The particular book was written by popular writer in this era. Typically the book untitled The Science of Mom: A Research-Based Guide to Your Baby's First Year is one of several books this everyone read now. That book was inspired many people in the world. When you read this reserve you will enter the new dimensions that you ever know before. The author explained their idea in the simple way, thus all of people can easily to be aware of the core of this book. This book will give you a lots of information about this world now. To help you to see the represented of the world on this book.

Lily Sawyers:

Your reading sixth sense will not betray you, why because this The Science of Mom: A Research-Based Guide to Your Baby's First Year guide written by well-known writer who knows well how to make book that can be understand by anyone who have read the book. Written within good manner for you, still dripping wet every ideas and writing skill only for eliminate your own hunger then you still hesitation The Science of Mom: A Research-Based Guide to Your Baby's First Year as good book not just by the cover but also by content. This is one guide that can break don't judge book by its include, so do you still needing a different sixth sense to pick this!?! Oh come on your examining sixth sense already alerted you so why you have to listening to another sixth sense.

Kimberly Gomez:

In this time globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The actual book that recommended to your account is The Science of Mom: A Research-Based Guide to Your Baby's First Year this e-book consist a lot of the information in the condition of this world now. This kind of book was represented how does the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. Often the writer made some exploration when he makes this book. This is why this book suited all of you.

Download and Read Online The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan
#6DSV7LIJWE8

Read The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan for online ebook

The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan books to read online.

Online The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan ebook PDF download

The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan Doc

The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan Mobipocket

The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan EPub

6DSV7LIJWE8: The Science of Mom: A Research-Based Guide to Your Baby's First Year By Alice Green Callahan