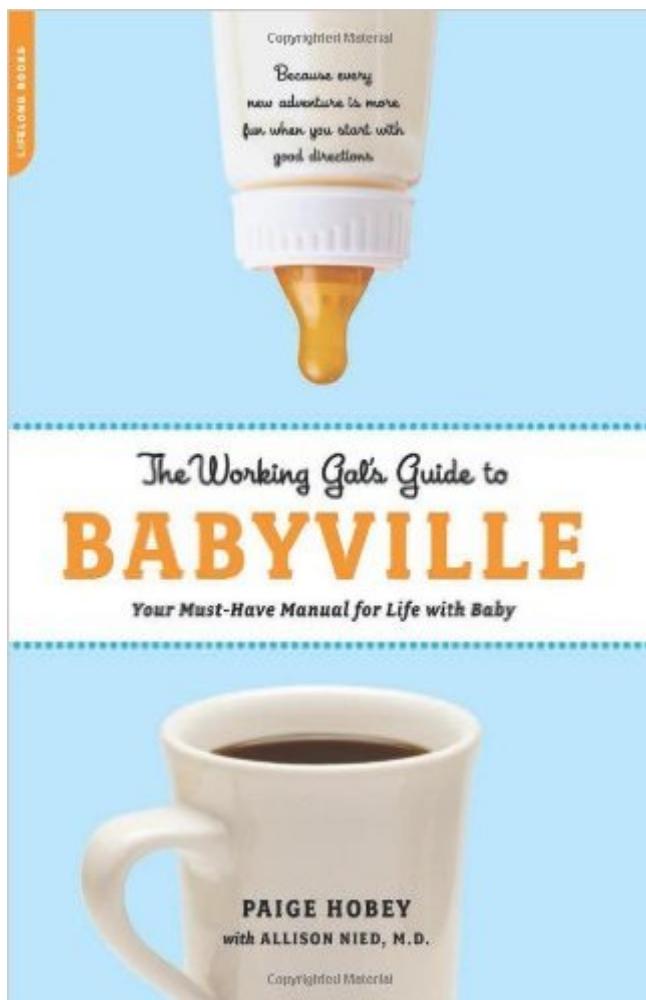


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# The Working Gal's Guide To Babyville: Your Must-Have Manual For Life With Baby



## **Synopsis**

You're an independent career woman suddenly dropped into the chaos of Babyville. You have a newborn to care for, three months (if you're lucky) of unstructured time to fill, a work decision to make (to go back full-time? part-time? job share?), childcare to acquire, and family finances to balance. You need someone to make you laugh during the hard times, a doctor to call in the middle of the night, and a good career counselor to boot. Never fear! Sure to become the gold standard resource during that crazy first year, *The Working Gal's Guide to Babyville* combines stories and sisterly advice from the trenches, infant care information and tips from a pediatrician, and career and budget guidance from a pro. From getting baby to sleep through the night to making the most of maternity leave, from weighing work options to finding childcare, from networking with new parents to emotionally transitioning from "Ms. Independent to Mom," it offers desperately needed, easy-to-execute strategies and expert solutions on all manner of Year One issues. The essential guidebook for today's busy career moms, it's every bit as hip, smart, and savvy as the women who'll be reading it.

## **Book Information**

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## **Customer Reviews**

As a clinical psychologist for ten-plus years and soon-to-be first time mother, I cannot recommend a better book than *The Working Gal's Guide to Babyville*! This book has become my "bible" for helping me to navigate all the choices/decisions I am encountering as I embark on the emotional rollercoaster of becoming a mommy. It discusses everything you need to know... from purchasing

the most important items you need the minute you arrive home from the hospital with your newborn and the nitty-gritty facts of breast-feeding to what to expect after you give birth and considering how to transition into your new role as a mother. The author not only addresses these loaded emotional decisions mothers must make as they negotiate different roles as a woman (mother, wife, career woman, friend), but does it in a savvy voice with a refreshing sense of humor. The book includes extremely practical information in an easy to read format. Women ---- this book has not left my night table! I have dog-eared so many pages at this point for my husband to read that I have now just insisted he read the entire book. There are must-have lists that I'm thrilled about: A baby shopping list of the stuff I really need to purchase (so I don't have to aimlessly wander the aisles of Buy Buy Baby completely overwhelmed), mandatory baby-sitter/nanny interview questions (now I don't have to call all of my friends and ask them 'what questions do I need to ask when I interview this person to take care of my new child?'), terrific charts of normal eating/feeding and sleeping schedules for your newborn, worksheets to calculate your first year-with-a-baby budget... all of this with sage advice and relevant educational information from a board certified pediatrician.

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