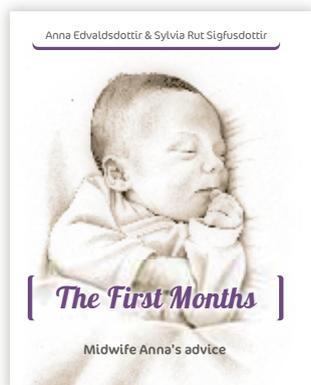


THE FIRST MONTHS



Contents

Introduction
Preparations
Older siblings
First days at home
Visits
When the baby is born
The mother's condition after birth
Nourishment
Digestion
Crying in the first days
Tending to the child
Illness
The other parent
Stillbirths
Resuscitation
Some good advice about older siblings
Afterword
Key terms

Midwife Anna's advice

Anna Edvaldsdóttir & Sýlvía Rut Sigfúsdóttir
160x200, 192 p

The first months: Midwife Anna's advice provides advice from the highly experienced mid-wife Anna Eðvaldsdóttir, who is best known to parents in Iceland as Anna ljósa or Light Anna (Ljós móðir" is the Icelandic word for midwife and literally translates as "mother of light").

The book is crammed with practical information about when the baby comes into the world, breast feeding, digestion, the mother's wellbeing, childhood illness and everything else it is important to know about the first months of an infant's life.

The first months: Midwife Anna's advice is full of helpful tips. Here you will find the answers to the questions that have been put to Anna over the years. And these tips really work! This is a book every parent must own.

The book is illustrated with beautiful drawings by Esther Viktoría Ragnarsdóttir and Ari Arnaldsson and at the back you'll find a handy index of keywords to facilitate searches.

About the authors



Anna Eðvaldsdóttir has worked as a midwife since 1994 and assisted thousands of parents through prenatal care, births and post-natal care. She therefore has a lot of experience in home care with parents and newborns.

The journalist and mother **Sýlvía Rut Sigfúsdóttir** has condensed all of Anna's best advice into this single book so that as many people as possible can benefit from it. The two authors met when Anna became Sýlvía Rut's midwife.