



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

Susan Brink

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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.

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