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Rough Guides is delighted to announce a new arrival to our publishing list: the brand-new **Rough Guide to Babies** by Miranda Levy (Rough Guides, £9.99) publishing 25th May 2006.

Practical, witty and real, **The Rough Guide to Babies** navigates you through a brand new world: Planet Baby. Life is different here - and this book will help you find your way. Features include:

The First Days: Midwives, health visitors and aftercare and what you do (and don't need) to buy for the new arrival.

Eating and Sleeping: Breast and bottle feeding; colic; crying and cots; fussy eaters and restless sleepers.

Health and Progress: Keeping an eye on your baby's growth and development, and looking out for common conditions and symptoms.

The new you: getting back into shape, sex and relationships, returning to work and staying sane.

The entourage: how to get the best from health professionals and baby gurus, while sidestepping competitive mothers and know-better grandparents.

AUTHOR NOTES

Miranda Levy is a freelance journalist and contributing editor of Grazia magazine who writes regularly for parenting titles such as Junior.

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