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How much sleep does your baby need?



Baby Sleep Basics

Little ones need a surprising amount of sleep. Is your baby getting enough?

- How much sleep does your baby need?
- · Learn the basics of sleep training
- Sample schedules for the first year
- · Your child's sleep and nap timeline



Endangered baby names

See 14 formerly popular names now on the brink of extinction



Calm in the storm

How to stay sane during the first year of parenthood



DIY baby food

Apple-pear sauce, sweet potato puree, and more

Blogs & Buzz

• **Postpartum rule #1 –** Don't try on your prepregnancy jeans too soon

• Nursing newbie – The 5 stages of learning to breastfeed your baby

• Colic in a 6-day-old? – Newborn's nonstop crying makes mom feel like she's drowning

advertisement



Expert Answers

When can your baby eat yogurt?

One More Thing

Poll: When did your baby wave for the first time?



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