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How much sleep does your baby need?

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### **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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