



The Parent's Pocket Checklist: An Essential Guide to Baby's First Year

Kim Arrington Johnson

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The Parent's Pocket Checklist: An Essential Guide to Baby's First Year Kim Arrington Johnson Checklists are efficient, and in today's busy world, parents are short on time and overloaded with information; yet filtering out the junk wastes precious time and having too many choices paralyzes us. As a former Naval Aviator, Kim relied on a "pocket checklist" to guide her through each flight. While parenting may not be as fast paced as flying in a fighter jet, it is loaded with potential pitfalls and important yet forgettable minutiae. With this guide, Kim combines witty, concise, research-based to-do lists with practical tips from hundreds of experienced moms and dads, getting straight to the point of what parents need to know about baby's first year and beyond.



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