

# Our Babies, Ourselves



*How Biology and Culture  
Shape the Way We Parent*

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Meredith F. Small

Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent, Meredith Small, Random House LLC, 2011, 0307763978, 9780307763976, 320 pages. New parents are faced with innumerable decisions to make regarding the best way to care for their baby, and, naturally, they often turn for guidance to friends and family members who have already raised children. But as scientists are discovering, much of the trusted advice that has been passed down through generations needs to be carefully reexamined. A thought-provoking combination of practical parenting information and scientific analysis, Our Babies, Ourselves is the first book to explore why we raise our children the way we do--and to suggest that we reconsider our culture's traditional views on parenting. In this ground-breaking book, anthropologist Meredith Small reveals her remarkable findings in the new science of ethnopediatrics. Professor Small joins pediatricians, child-development researchers, and anthropologists across the country who are studying to what extent the way we parent our infants is based on biological needs and to what extent it is based on culture--and how sometimes what is culturally dictated may not be what's best for babies. Should an infant be encouraged to sleep alone? Is breast-feeding better than bottle-feeding, or is that just a myth of the nineties? How much time should pass before a mother picks up her crying infant? And how important is it really to a baby's development to talk and sing to him or her? These are but a few of the important questions Small addresses, and the answers not only are surprising but may even change the way we raise our children..

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Three in a Bed The Benefits of Sleeping with Your Baby, Deborah Jackson, Mar 1, 2012, Psychology, 320 pages. Only since Victorian times has it been standard practice for mothers and fathers to send their babies to sleep alone, away from the parental bed - often in another room. This ....

Baby Child Care , Benjamin McLane Spock, Jan 2, 1980, , 641 pages. .

Mother's Milk Breastfeeding Controversies in American Culture, Bernice L. Hausman, 2003, Family & Relationships, 274 pages. This book examines how and why nursing a baby--the breast or bottle debate--has become such a complex experience in contemporary culture. By looking at medical, popular, and ....

Healthy Sleep Habits, Happy Child , Marc Weissbluth, M.D., Mar 17, 2009, Family & Relationships, 544 pages. One of the country's leading researchers updates his revolutionary approach to solving--and preventing--your children's sleep problems Here Dr. Marc Weissbluth, a distinguished ....

Readings on the Development of Children , Mary Gauvain, Michael Cole, Nov 21, 2008, Psychology, 384 pages. This collection of readings can be used as a superb supplement in child and adolescent development courses or as the primary text in graduate-level seminars. The new edition ....

The Attachment Parenting Book A Commonsense Guide to Understanding and Nurturing Your Baby, William Sears, Martha Sears, Sep 1, 2001, Family & Relationships, . Might you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment ....

The fussy baby how to bring out the best in your high need child, William Sears, Dec 5, 1989, Family & Relationships, 192 pages. With warmth and wisdom, Dr. Sears, an eminent pediatrician and father of six, offers timeless advice that will show parents how to help their high-need child enjoy a more ....

365 baby care tips everything you need to know about caring for your baby in the first year of life, Penny Warner, Jun 23, 2003, Family & Relationships, 387 pages. .

Mothering Your Nursing Toddler , Norma Jane Bumgarner, 2000, Family & Relationships, 308 pages. The handbook for mothers who breastfeed their children past infancy has been revised and

updated. Norma Jane Bumgarner puts the experience of nursing an older baby or child in ....

Creative parenting how to use the new continuum concept to raise children successfully from birth through adolescence, William Sears, 1983, Family & Relationships, 512 pages. .

Secrets of a Baby Nurse How to Have a Happy, Healthy, and Sleeping Baby from Birth, R. N. Marsha Podd, 2010, Family & Relationships, 204 pages. Every new parent has been there-sleepdeprived, exhausted, and pacing the floor at 3:00 a.m. with an irritable baby who is having difficulty calming down and going back to sleep ....

Maternal care and mental health a report prepared on behalf of the World Health Organization as a contribution to the United Nations programme for the welfare of homeless children, John Bowlby, 1957, Political Science, 194 pages. .

Let's Talk about Your Baby , Horace Kent Tenney, 1947, Infants, 115 pages. .

The Fourth Trimester Understanding, Protecting, and Nurturing an Infant Through the First Three Months, Susan Brink, Feb 2, 2013, Health & Fitness, 214 pages. 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 ....

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