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# Your Babys First Year

**Alison Mackonochie**



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*Your Baby's First Year* Ava Henry, 2025-08-20

Introduction Welcome to the First Year It only takes that one moment to change everything There are no fireworks or fanfare for it At times it comes silently in a hospital room or a shadowy nursery when you first hold your baby in your arms and the earth shifts around you Those moments are gentle they are intense and they are sanctified You are not only you anymore You are someone s parent And nothing feels familiar anymore This book is written to meet you there at that place where we balance between what was and what is becoming Within the long nights and the raw starts This deep sometimes unsaid Is this being done correctly Why does this feel so hard Why do I not feel like me anymore Here you will discover not only lists and schedules but also guidance So this book holds stories clarity and ground support for your journey It doesn t promise perfection It promises presence It also won t provide a singular parenting path It instead allows you to block out the noise and hear your own voice the voice you should ultimately trust the most Why This Book Exists There are a lot of parenting books aimed at the baby this one includes you too You are not only growing a child you are blossoming into a new person What constitutes such a transformation merits attention compassion and truth It is a handbook as well as a lodestar It combines research informed guidance and the emotional candor that too many parenting books seem to skip over It s here to accompany you during growth spurts sleep regressions identity shifts and a love that is meant to change you The Journey You Are About to Go on Getting through that first year is not a straight line It is chaotic and shining and fatiguing and beautiful You will get to know your baby s rhythms and your own strength You will mourn what had been and rejoice in what is You will find strength in the smallest of victories from a clipped little pinky nail to the end of a cluster feed Not only is this the year your baby turns one It s yours too The Fallacy of the Parent Who Seems to Naturally Know How to Parent If this feels like it s not natural you are not failing You re learning Bonding doesn t always come instantly Confidence grows through practice You don t need to be perfect All that you have to do is keep showing up And this book will remind no hammer that point home to you Who This Book Is For For every parent who feels uncertain and overwhelmed for every parent who feels filled with joy and all of the above To moms dads partners grandparents and all entering the holy work of carrying a baby

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