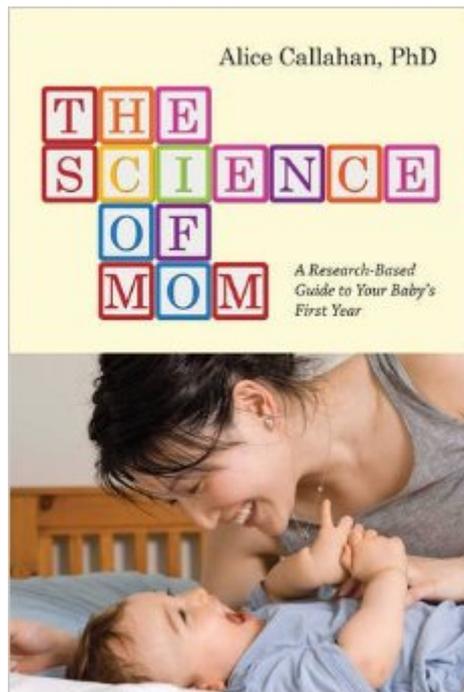


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# The Science Of Mom: A Research-Based Guide To Your Baby's First Year



## Synopsis

It seems like every time a new mother turns on her computer, radio, or television, she is greeted with news of yet another scientific study about infancy. Ignoring good information isn't the right course, but just how does one tell the difference between solid studies, preliminary results, and snake oil? In this friendly guide through the science of infancy, Science of Mom blogger and PhD scientist Alice Callahan explains how non-scientist mothers can learn the difference between hype and evidence. Readers of Alice's blog have come to trust her balanced approach, which explains the science that lies behind headlines. The Science of Mom is a fascinating, eye-opening, and extremely informative exploration of the topics that generate discussion and debate in the media and among parents. From breastfeeding to vaccines to sleep, Alice's advice will help you make smart choices so that you can relax and enjoy your baby.

## Book Information

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## Customer Reviews

A wonderful, smart, and compassionate book that offers great insight into how science can help parents make the best decisions for their children. This isn't just another book of opinions -- the author backs up what she's saying with solid, well-researched and well-documented studies. And when the answers aren't completely clear, that's truthfully explained. No dogma, no yelling, no insisting that one person is right. It's a breath of fresh air compared to a lot of parenting resources.

As a faithful reader of the author's blog, I've been waiting for this book for quite a while. Now it's

finally here and even better than I expected! Whether it's new information about infant sleep or well organized statistics on vaccine efficacy, it seems there's something interesting on every page. Alice Green Callahan has done an amazing job researching the science behind many topics that new parents care about. She presents her findings in a way that manages to be reasonably thorough and rigorous but still extremely accessible. While some of the material here been discussed on her blog, this book is far from simply a collection of blog posts; the format allows her to dig deeper and present more coherent surveys of the state of current knowledge in each case. This book is a must read for anyone interested in evidence based parenting practices.

I found the author's blog about six months into starting the parenting gig, and I was ecstatic to find someone that was finally going to do all the research for me on the topics I was interested in. There is a lot of information out there for new parents to sort through, and it's so reassuring to know the research and analysis provided is supported by REAL science. Not anecdotes, not old wives' tales, but peer-reviewed published literature. The author always takes time to share any weak spots in the research. It's wonderful reading from the perspective of another mom that cares both about science and real life day to day reality. I expected a lot from this book, and I was not disappointed. If you are already a fan of the blog, you'll enjoy new topics and research. If you are discovering the author for the first time, you'll be very pleased with her writing and research. In response to the one star review... I think the reader misunderstood the purpose of this book. This isn't about preaching any particular parenting choices but about providing the science behind the many, many topics that come up during a child's first year of life.

I have been reading Alice's blog for the last 4 years after desperately searching for a logical, qualified, and educated voice out there in the parenting realm. She is a breath of fresh air, and her tact and compassion for parents everywhere is inspiring. I have bought a copy for my new mom friends, and for myself as our 4th child is due to arrive in November. There is always more to learn as a parent, and doing it with a trusted guide to wade through the research is a relief. Do yourself a favor, and at the very least check out her blog, Science of Mom and see for yourself!

Oh how I wish this book had been written when I first became a parent!! As a PhD scientist myself, I looked through the scientific literature for answers to so many questions. The Science of Mom does so much of this research for new parents and does it in a very thorough, honest, straight-forward, non-judgemental way. The author does an excellent job presenting the current scientific data and

discussing limitations of the studies as well as helpful conclusions. It's so refreshing since most parenting books seem to have some sort of agenda or bias that they are promoting with their book. Science of Mom's agenda is informing parents about what the current scientific research is on sleep issues, SIDS, first foods, and much more. The book is extremely well researched and well referenced so parents know why the author has reached the conclusions she has. However, throughout the book the author recommends that you do what is best for your family and to speak with your health professionals. Despite all the science behind the book, the Science of Mom is easy to read and interesting. I've bought several copies already for friends who are new parents or parents-to-be. I'm so glad this fabulous book was written and look forward to more such works from the author to help condense the science behind the art of parenting.

I got the book Science of Mom around when my daughter was five weeks old (she is now a whopping eight weeks) and then immediately started reading it out of order. The chapter on sleep first (and actually, multiple times), followed by the chapter on vaccines (because the topic blew up in my online mommy support group), then the chapter on newborns, the chapters on nutrition, and finally the appendices. When Baby Arr is a little bit older, I hope to find time to read it front to back and then take a nap. The chapters are succinct, well written, and packed with information. Almost no padding/fluff (fluff only if you don't want to hear anything about the author personally), which I definitely appreciated. Despite the four books I'd already read on sleep (Ferber, Weissbluth, Baby Whisperer, Pantley) I came away feeling like I had learned a lot more. Plus, I love knowing \*where\* that information comes from. I hate reading a book about sleep and not knowing whether the information came from a study, what quality of study, or from the author's own experience (which may not be replicable). Which brings me to...Citations galore! They made me happy (and made me sad that looking them up right now is not a high priority). Callahan shines in her two chapters on infant nutrition, likely due to her phd in nutritional biology. My vegan husband might have a fit with some of her specific food recommendations, but the focus on the nutrients means we can look for ways to meet baby's nutritional needs. I like having her information on baby's nutritional needs to check the recommendations we have from my husband's sources. Maybe because of her own expertise on nutrition, these chapters (going from my sleep deprived memory) didn't have further recommended readings on the subject. You can't tell me that the subject is any less complex than vaccines and sleep >\_< but at this point in momming I'm quite happy with the short version.

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