



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

*Alice Green Callahan*

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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.

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