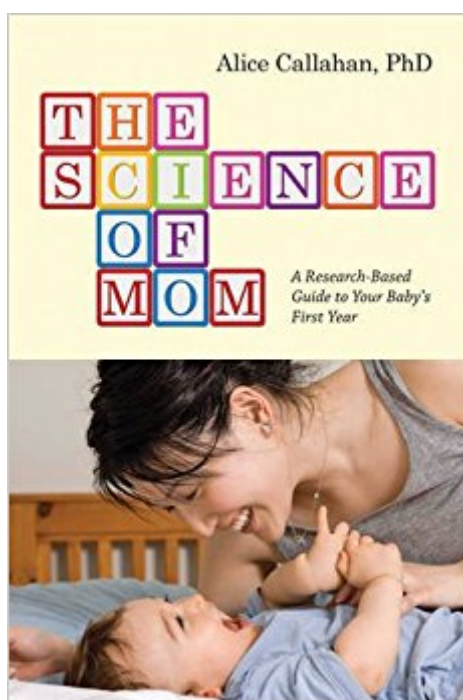


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# The Science Of Mom: A Research-Based Guide To Your Baby's First Year



## 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

"Finally, someone has brought some science and some sense to the mommy wars. Should be required reading for all new (and old) parents." (Emily Oster, Brown University, author of *Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong and What You Really Need to Know*) "Alice Callahan has written a breakthrough book, combining the compassion, warmth, and angst of a mother with the measured reasoning of a scientist. She helps parents not only understand how science works, but how they can access that science to answer their questions. She's found a way to access the scientist in all of us." (Paul A. Offit, MD, *The*

Children's Hospital of Philadelphia)"Yes! An easy-to-read, fascinating, nuanced review of the science behind new parents' biggest health questions. Many of these issues—infant sleep, breastfeeding, vaccines—have or will hit your 'Should I panic?' button. With gentle guidance, Alice Callahan puts your fears to rest." (Tracy Cutchlow, author of *Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far)*)"Too many of today's parents treat science as a weapon, using it to justify some choices and condemn others. Yet, most don't fully understand what science can and cannot tell us. By giving parents a comprehensive understanding of how science relates to parenting, Alice Callahan has helped us turn this weapon into a tool for peace. Callahan untangles basic scientific concepts, reveals the realities and limitations of research, and advocates for a measured approach to parenting science that eschews absolutes and acknowledges nuance. *The Science of Mom* is a rare gem in the parenting canon—smart, sensitive, and a lifesaver for a generation of parents caught in the nebulous spider's web of Internet 'wisdom.'" (Suzanne Barston, author of *Bottled Up: How the Way We Feed Babies Has Come to Define Motherhood, and Why It Shouldn't*)"Families routinely search for health information. *The Science of Mom* makes it easy collecting evidence for health decisions and putting it into perspective with a mom-to-mom connection. Callahan's advice is thoughtful, backed by science and feels fueled of love. She is willing to provide powerful advice when detailing the science and safety of vaccines. Keep this book in arm's reach as you support your infant for calm and direction." (Wendy Sue Swanson, MD, MBE, FAAP, Seattle Children's Hospital, author of *Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and Work-Life Balance*)"Fascinating! Think of all the controversial, hot-button topics that parents obsess about in a child's first year—from vaccines and feeding, bed-sharing to sleep training. Weighing the scientific evidence, Callahan offers balanced insights and in-depth answers—so far from the oversimplified advice prescribed by many 'parenting experts.' The result: a must-have guide that's substantive and extremely engaging." (Jena Pincott, author of *Do Chocolate Lovers Have Sweeter Babies? The Surprising Science of Pregnancy*)"Dr. Callahan isn't bossy, and isn't out to tell you what she thinks. Her book tells you what the science says, and explains how we know what we know, and what things we still need to learn more about. There's humility and warmth, here, which I think parents of newborns will find reassuring." (The Pediatric Insider)"[Callahan] takes a compassionate, non-preachy approach with a goal of not telling the reader what to do but rather how to seek wise advice and make smart decisions—and to enjoy having a baby, which is what it is all about..." (Live Science)"This is science-based medicine writing at its best. Callahan doesn't cherry-pick. She knows how

to evaluate the entire body of research and put it into perspective along with practical parenting considerations. She enhances her message with a personal touch, including anecdotes about her own experiences as a new mother and about the experiences of her friends and family. If I had three thumbs, I would give this book a 3-thumbs-up recommendation." (Harriet Hall, MD Science-Based Medicine)"... in Science of Mom, Alice Callahan, PhD combines the critical eye of a scientist with the heart of a mother to create a helpful resource for all people interested in evidence based infant care and parenting." (Science & Sensibility (Lamaze International))"... a timely and necessary book for parents... It will help both moms and dads work together to choose the right parenting methods for them and give them a research-based approach to raising a child." (Patheos)"... a fresh and enlightening approach... I'd highly recommend this book to any mom expecting her first child or her fourth." (Uncommon Motherhood)"... a solid resource for any new parent or parent to be. Callahan does the work of sorting through the science of baby's first year, so you don't have to." (Raise Healthy Eaters)"[Callahan's] compassion and empathy for the difficulties of parenting shine through in every chapter, from breastfeeding to vaccines to feeding to sleeping." (Forbes)"[ The Science of Mom] should be required reading for all new parents... She calms fears and provides parents with real facts. She doesn't make the decisions for you, but she makes it a lot easier to make sound decisions." (MomSense)"A book long-overdue in the parenting literature." (Momma Data)"Name a complex or controversial topic and Callahan provides the science on both sides of the arguments to help parents make wise choices." (Psychology Today)"The Science of Mom stands out from the crowd...an easy to read, certifiable resource." (American Reference Books Annual)

Alice Callahan holds a PhD in nutritional biology from the University of California, Davis, and spent two years investigating fetal physiology as a postdoctoral scholar. After giving birth to her first child in 2010, she put her scientific training to work answering the big questions of caring for a baby. The creator of the blog Science of Mom: The Heart and Science of Parenting, she writes and teaches in Eugene, Oregon.

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.

Have you ever hopped online during naptime to quickly look something up? Forty-five minutes later, baby's waking up, and you feel more confused than ever after reading five different conflicting opinions? It drives me crazy. The Science of Mom takes away the crazy and gives you what you need: balanced, evidence-based recommendations. I first found the blog when I was trying to figure out when to introduce solids. I was so impressed, I ended up buying the book. The book compliments the website, and also provides a great deal of more depth and information. In fact, I loved the book so much, that I'm buying it for friends and family members when they're expecting. I love the balance of solid empiricism with gentle compassion. Here's a taste for how she handles the sometimes charged issue of sleep training: "Whatever you do, do it mindfully, lovingly, and respectfully. And then, please, don't feel guilty about your choice. If you feel judged by others, remember that they don't live in your house at night, and they don't care for your child. You do, and you are capable of doing the right thing for your child." If you're deciding between this book and "The Informed Parent: A Science-Based Resource for Your Child's First Four Years" I'd stick with this one. Science of Mom covers fewer topics, but provides much greater depth.

This is an awesome book, written by a very smart woman. A quick background on me: I don't yet have any fancy credentials, but I received degrees in psychology and nutrition, after studying research methods, statistics, physiology, etc. I'm a truth-seeker and, therefore, have a profound respect for science. I still have two chapters left to read, but I've gotten through enough to share my opinion: This book is truly a gem for parents, wannabe parents (me), those who want to work with the maternal/infant population, grandparents, caregivers, the list goes on. Alice dug through the growing mountain of information and presented to her readers an easy-to-read guide about some of

our most pressing questions. She explains, in layman's terms, parenting practices and health decisions we can be pretty confident about making, and she isn't afraid to say, "We just don't know yet," when that's the case. We live in an age where information is more accessible than ever. Some of it is true, but too much of it is not. This book is for people who are tired of receiving confusing and contradicting advice from (often well-meaning) friends, family, and misguided Internet bloggers. It's for those of you who want to make decisions based on the best evidence science has to offer. Read this book. Share it with your friends. You won't regret it. I have no affiliation with Alice Callahan, her publisher, or her blog, but I hope I have the chance to shake her hand one day. Thanks for exceeding my expectations, Dr. Callahan!

I never take the time to review the books I love but I am taking the time to review this book - that should say a lot right off the bat. As a new mother everyone has advice and everyone recommends a book. It is nearly impossible to sift through all these opinions and figure out what is best. Alice has done that for you in this book. Her review of the scientific literature doesn't provide ALL the answers, but it does provide the most up-to-date information we have on how to make many of the important decisions new parents face in the first year. Unlike most parenting books, this one is also a pleasure to read from cover to cover.

I really enjoyed this book. I have an engineering degree, and so I liked the evidence-based style of this book. The book only covers a few topics, but it deals with them in great detail. Some sections that I enjoyed including introducing solid foods (how and when) as well as the section on what happens right after birth (eye ointment, vitamin K shot, cord clamping, etc.). There was also some history behind some of these practices, which I thought was really interesting, too.

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