



# Good to Be Grand: Making the Most of Your Grandchild's First Year

*Cheryl Harbour*

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**Becoming a grandparent is a major milestone, raising new questions, challenges, and opportunities. Prepare for this transformative stage of life—and make the baby's first year one of the most meaningful experiences for both of you.**

*Good to Be Grand* is the ultimate roadmap for today's grandparent, combining the latest information about infant care—from medical developments to equipment innovations to parenting practices—with honest, down-to-earth advice and anecdotes about grandparents' special role.

Journalist and new grandmother Cheryl Harbour gets right to the point of what modern grandparents *really* need to know from the time they begin anticipating the birth to the end of the first year. Harbour takes the best and most relevant information from the latest research, expert interviews, and thick parenting books and tailors it specifically for grandparents, recognizing the unique bond they share with their children's children.

Each chapter provides interesting facts and observations about what has remained the same and what has changed about childcare over the years, what you can do to support the physical and emotional well-being of your grandchild and, most important, what you can do to make the most of the experience.

With a foreword by Hillary Rodham Clinton, including her personal reflections on the birth of her first grandchild, *Good to Be Grand* is for smart and sophisticated grandparents eager to embark on their grandparenting journeys with enthusiasm, knowledge, and confidence.

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