



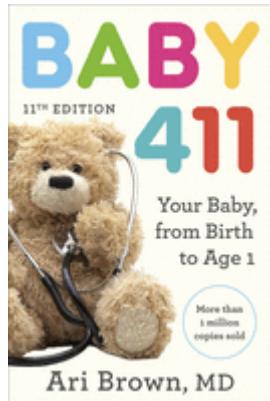
FOR IMMEDIATE RELEASE

Contact:

Claire Hendrix | Publicist
chendrix@prh.com | (212) 782-8285

“Without a doubt, *Baby 411* is among the best books ever written for parents and caregivers regarding the appropriate and very logical approach to infant and childcare. It is cleverly written, easy to understand, well organized, and often extremely humorous. Parents, grandparents, and anyone responsible for the rearing and day-to-day care of children should have this book available as a ready resource. I do!”

—Jan Drutz, MD, professor of pediatrics, Baylor College of Medicine



BABY 411, 11TH EDITION Your Baby, from Birth to Age 1

By Ari Brown, MD
On Sale: January 27, 2026

The essential real-world guide for navigating your baby's first year with confidence, written by a nationally renowned pediatrician and organized by topic for easy reference

Welcome to parenthood! Having a baby is both exciting...and terrifying. Let's face it, you suddenly have a huge responsibility. Your new parent crash course will leave you with questions, from the basic (*What's THAT in my baby's diaper?*) to the serious (*Why is my baby screaming?*). When you're scrolling online for answers, you're more likely to be overwhelmed than reassured when it's hard to tell what information is credible and put it into context.

Baby 411 comes to the rescue! For over twenty years, more than a million readers have turned to Dr. Ari Brown and her trusted guide for clear facts, straightforward answers, and peace of mind. In its eleventh edition, Dr. Brown shares the latest research and real talk you need to make the best decisions for your child's health, including:

- **The Baby 411 Two-Week Survival Guide:** Master the basics of newborn care.
- **Secrets to sleeping through the night:** Yes, it's possible! Learn how to establish healthy sleep routines, avoid setbacks, and prevent the dreaded sleep regressions your friends warn you about.

- **Strategies for fearless feeding:** Find proven tips for breastfeeding, combo feeding, selecting formula, baby-led weaning, and food allergy prevention.
- **Key milestones:** What's normal and what's not? Learn how to recognize developmental red flags.
- **Common illnesses and first aid:** Are you up late at night with a feverish baby? Know when to run to the ER, call the doctor, or stay home.

Beloved by families and pediatricians alike, *Baby 411* will quickly become your best friend, easing fears and empowering you with its honest, judgment-free support.

Ari Brown, MD, is a board-certified pediatrician in Austin, Texas. A trusted voice for pediatric healthcare, she has appeared in NBC's *Today* show, the *Wall Street Journal*, and *New York Times*. She is a spokesperson of the American Academy of Pediatrics, speaker, consultant, and the author of the bestselling *Baby 411*, *Expecting 411*, and *Toddler 411*. Most importantly, she is a proud mom of two.

Additional Praise for *BABY 411*:

“My go-to reference!”

—**Chelsea Clinton**

“If you’re looking for a concise, real-world, no-guilt resource, I’d call *Baby 411* for help.”

—***Chicago Parent* magazine**

“Healthcare providers talk endlessly about providing information that empowers parents to make the best decisions for their children. But the truth is few have the skills to do it. Ari Brown is one of a rare breed who has that gift.”

—**Paul Offit, MD, FAAP**

“I love *Baby 411*! It continues to be a godsend to me on a regular basis. Thank you for writing an easy-to-read and interpret book that answers basic and not-so-basic questions regarding babies.”

—**A. Vandervine, mom**