

# Birth to

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**No one needs a book to tell them what is good about being a parent.**

Parents turn to books when they need advice, when they are worried and when they have got questions or concerns, small or large.

**This is a book you can turn to for guidance and advice on the growth and development of your child.** If there is anything you are unsure of, or if you need further explanation, don't hesitate to ask your health visitor or doctor.

The information in this book is updated every year and also available online from [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

