

Contact: Katie Bassel  
St. Martin's Press, Publicity Manager  
[Katie.Bassel@stmartins.com](mailto:Katie.Bassel@stmartins.com) | 646.307.5563

**Praise for 7 SECRETS OF THE NEWBORN...**

"Pediatrician Hamilton offers a **cheery, exuberant text** intended to celebrate babies, convince readers to have babies, and educate parents about how to best negotiate and enjoy the first 12 months of a child's life. [T]he author, a father of six and grandfather of seven, is clearly enamored by and knowledgeable about his subject. **New or prospective parents may very well find his enthusiasm contagious.**"

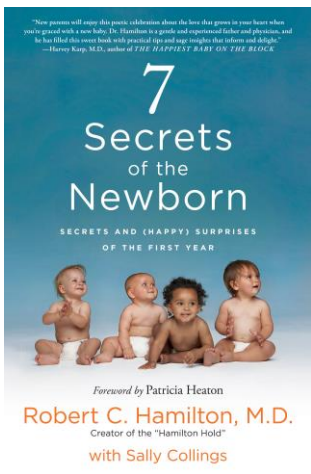
**--Publishers Weekly**

"Parents starting out without a big budget or level of experience will breathe a big sigh of relief. The joy of Hamilton's book is helping future and new parents return to that carefree space."

**--Booklist**

"New parents will enjoy this poetic celebration about the love that grows in your heart when you're graced with a new baby. Dr. Hamilton is a gentle and experienced father and physician, and he has filled this sweet book with practical tips and sage insights that inform and delight."

**--Harvey Karp, M.D., author of *The Happiest Baby on the Block***



## 7 Secrets of the Newborn

Secrets and (Happy) Surprises of the First Year

**Robert C. Hamilton, M.D.**

with Sally Collings

When pediatrician Dr. Robert Hamilton's video demonstrating how to soothe a crying infant hit the web, it became a YouTube sensation, garnering over 15 million views in ten days. New parents around the world employed Dr. Bob's now-famous "hold" on their newborns, and embraced him for the warmth, calm, and confidence he radiates in his viral video. Now, that warmth, calm, and confidence comes across on the page, as well.

In **7 SECRETS OF THE NEWBORN: Secrets and (Happy) Surprises of the First Year (with Sally Collings; Published by St. Martin's Press; On-sale September 4, 2018; \$26.99; ISBN-13: 9781250114426)**, Dr. Bob offers up his top seven tips to make it through the first year of parenthood, and emphasizes that babies are simple, so parents should keep it simple too.

1. You are about to fall desperately in love!
2. For the first month, baby leads the way—no schedules, no programs, just baby. It's a tough month!
3. During the first month, your newborn doesn't need any toys, clothes, a stroller or even a crib—all your new baby needs is YOU!
4. Solid and healthy families don't happen by chance--they are created with deliberation.
5. Moms and dads are equally important when raising a baby.
6. No screens for the first year of your child's life.
7. We all need rest, especially new mothers and fathers.
8. Bonus secret: Babies are even more fun than you can imagine—it's all worth it!

Dr. Bob brings 30 years of experience as a pediatrician, father (he has six kids of his own!), and grandfather to this book. His advice is science-based, slightly retro, and strives for a supportive and healthy growing environment for babies and parents.

To speak with Dr. Robert Hamilton, or any coverage-related questions, please contact:

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St. Martin's Press, Publicity Manager  
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**About the Author...**

ROBERT C. HAMILTON, M.D., has been a pediatrician for more than 30 years and is the founding member of Pacific Ocean Pediatrics in Santa Monica, California. In 1998, Dr. Hamilton founded Lighthouse Medical Missions, and has led 22 medical mission teams to Africa. He and his wife, Leslie, are the proud parents of six children, and delighted grandparents of six grandchildren.