

Welcome to Parenthood

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

You have a baby.

You no longer require sleep.

You can eat and work with one hand.

You are no longer afraid to look silly.

You are no longer afraid to ask for help.

You talk with your doctor about immunizations and get the facts.

Welcome to parenthood.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.