

Cherish The First Six Weeks By Helen Moon

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Helen knows that the first six weeks of a baby's life--when parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention--has a huge impact on the entire family. Getting a baby on a sleeping and eating schedule is an achievable dream, and it's not a mystery. Helen's step-by-step plan shows new parents exactly how to integrate their baby into the family so that she will be able to sleep when she's tired, eat when she's hungry, and calm herself when she ...

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There's nothing like getting involved in the first six weeks of a baby's life to understand the huge impact that this short time period has on both the entire family and a child's entire life. Parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention.

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Describes how to get a newborn on a sleeping and eating schedule and integrate a new addition to a family in a way that will keep everyone happy and healthy.

From baby nurse to the stars, a step-by-step plan to managing sleep and feeding issues to survive--and enjoy--the first six weeks of your newborn baby's life. Have you ever wondered why celebrities look so rested in such a short time after giving birth? The answer: baby specialists like Helen Moon. A baby specialist and professional nanny for the past 25 years, Helen has worked closely with hundreds of families, including some of Hollywood's biggest stars. Helen knows that the first six weeks of a baby's life--when parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention--has a huge impact on the entire family. Getting a baby on a sleeping and eating schedule is an achievable dream, and it's not a mystery. Helen's step-by-step plan shows new parents exactly how to integrate their baby into the family so that she will be able to sleep when she's tired, eat when she's hungry, and calm herself when she's fussy--self-regulating skills that will enable her to thrive for the rest of her life. Assured that their babies are secure and happy, parents can confidently enjoy this most precious time of their baby's life, trusting their own instincts, and--most importantly--sleeping through the night themselves!

'Cath Curtin is the newborn baby guru! A calming voice, a gentle hand and a wealth of knowledge during one of the most incredible but terrifying times of your life - new parenthood. To have Cath's support after the birth of my first son was invaluable and I don't know how I would have done it without her!' Rebecca Judd Cathryn Curtin has delivered more than 10,000 babies over the last 40 years, so she understands how the first six weeks of a baby's life are vital for establishing habits that help create a healthy, happy routine for your baby and a loving lifelong bond between you and your child. In this practical and easy-to-use guide, Midwife Cath covers all aspects of a newborn's first weeks, from caring for your baby to coping with the sudden emotional and physical changes of new parenthood. By following her brilliant bath, bottle and bed routine, you'll enjoy a deep sleep for up to five hours in these demanding early weeks while your partner has some precious one-on-one time with your child. These first weeks of a baby's life can be a challenge for any new parent. Midwife Cath's invaluable experience and wisdom will guide you through them as well as help you establish a routine that will ensure a healthier, happier baby and better-rested and more confident parents.

Ever wish you could have a baby nurse at home to answer your most urgent questions around the clock? Now you can! Carole Kramer Arsenault has spent the last two decades helping parents through pregnancy, labor, and all of their new responsibilities once baby comes home--both as a longtime pediatric nurse, and as the founder of the most highly regarded baby-care service in New England. From the first trimester to the "fourth" (baby's crucial first three months), Arsenault and her team of professional nurses have seen it all. Now, they share their expert advice on: Preparing your home, including safety tips and must-have supplies Easing through labor, whether at home or in a hospital Breastfeeding how-tos, flexible feeding schedules, and common concerns Baby's essential first days and weeks, and the milestones in between Welcoming multiples and caring for preterm babies Techniques for soothing baby to sleep Postpartum self-care and getting back to your routine

Yikes, you're suddenly parents, home alone with your brand-new baby! Where's your own mother or smart friend--where's your pediatrician--when you desperately need reassurance and advice? Mayo Clinic Guide to Your Baby's First Year is a steady, ever-present source of both information and wisdom. When you're faced with a perplexing development, reach for this complete Guide by the baby experts at the renowned Mayo Clinic--doctors who are also parents. When you wonder what might happen next, check the "Month-by-Month Growth and Development" pages of this trusted companion.

From the pediatrician who became an Internet sensation with the "Hamilton Hold" in a YouTube video about how to calm a crying baby, comes a one-of-a-kind resource to guide you through the earliest moments of your child's life--and help you to parent with common sense and confidence. Robert C. Hamilton, M.D., has spent more than three decades caring for newborns. In his practice, Dr. Bob has seen it all--what works, what doesn't. How can you get your baby to nurse, sleep, and maybe even cease crying? What strategies can help you connect and communicate with your infant? What important decisions will you make during the first year for your child, yourself, and your partner? Here, Dr. Bob shares his clear, sensible, warm advice--as well as all the latest scientific data and research--on how to: • Offer comfort to a crying newborn using the "Hold" • Gently teach your baby how to sleep (and get some sleep yourself) • Establish healthy patterns • Breastfeed, formula-feed, or bottle-feed using either • Play! • Manage screen time in your home • And more to help you navigate the unforgettable first year of your child's life.

When global pop star Kelly Rowland became a mom for the first time, giving birth to her son Titan, she felt the most incredible love she had ever experienced. But after spending nine months so focused on the baby growing inside her, she was caught completely off guard by how much she had changed. Like many first-time moms, she was not ready for what had happened to her body and for so many overwhelming new thoughts and emotions. She wondered: Will I Ever Walk Again? Will I Ever Sleep Again? Are My Boobs Always Going to Be Like This? Rowland had questions about everything from postpartum bleeding, skin and hair changes, and dealing with aches and pains to getting back in shape and sex after baby. She also weighed the larger notions about what she wanted out of motherhood and the rest of her life. It was a good thing that Rowland's longtime OB/GYN Dr. Tristan Emily Bickman was right there to answer every single crazy question that popped into her head. Nothing fazed Dr. Bickman and she provided Rowland with the answers she so desperately needed, telling her over and over that, in the months after a woman gives birth, nothing is exactly strange, but nothing is necessarily normal either. It's all just part of the "miracle" of birth. In Whoa, Baby! Rowland and Dr. Bickman team up to share this reassuring information with new moms everywhere. Often hilarious and always down-to-earth, Rowland and Dr. Bickman cover every surprising challenge that new moms face.

A much-needed guide that delivers essential baby and child-care advice while reminding parents to calm down and trust themselves. Parents are more overwhelmed than ever before -- juggling demands on their time as well as conflicting advice from family, friends, frenemies and "experts" on how to achieve parental perfection. Pediatrician Jane Scott has seen this parental anxiety up close, and in The Confident Parent she shares advice on how to cut through the confusion, dial down the insecurities and unhelpful advice, and simply do what countless parents around the world have done throughout history: respond to their little one's needs without overthinking, overstimulating, and overparenting. Informed by a unique global perspective, The Confident Parent shows readers how to be not just better caregivers but happier and more balanced human beings. The book covers the basics of baby and child-care from breastfeeding and sleep training to managing temper tantrums, offering a fresh perspective that's both commonsense and liberating. Takeaways include: * Children are strong and resilient--unless parents teach them not to be. * Picky eating is learned, not innate. * There is such a thing as being too careful. This upbeat and empowering guide shows how small changes can yield big results -- helping both parents and

kids feel more secure, confident, and connected.

"Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In The Calm Birth Method, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and shares practical techniques to support you so that, no matter what happens, you feel prepared."--Back cover.

The way we nurture our babies, from their earliest moments, has a lifelong effect on their health and happiness. What many of us have known instinctively is now a matter of science. Study after study proves that how we hold, feed, play with and settle our babies is a major factor in their long-term wellbeing. Dr Howard Chilton has been a neonatologist (a babies' physician) for over thirty years. He has seen numerous baby-care fads come and go, but has always held to the philosophy now proved by science: you can't give your baby too much love. In Your Cherished Baby, Dr Chilton introduces mothers to a complete approach for settling, feeding and engaging their 0-2 infants. He explains the neurological processes of both baby and mother in this early bonding period. He debunks the myth of baby routines, provides a compelling explanation for colic and excessive crying, and argues for the introduction of varied foods to aid the development of a child's palette and to guard against obesity later in life. Most prevalent to many a sleep-deprived parent, Dr Chilton presents a practical alternative to controlled crying, a currently popular sleep settling technique that he regards as inhumane. Accessible, compassionate and occasionally controversial, Your Cherished Baby is the essential guide to giving babies the best possible start in life.

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