

Babycalming

Caroline Deacon

# BABYCALMING

Simple Solutions for a Happy Baby



Published in association with the NCT

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出版者:

出版时间:2004-3

装帧:

isbn:9780007159024

This book will show you how to soothe your baby and solve any problems you may come across with sleeping, feeding, crying and colic. Drawing on her experience as a mother and advisor to the NCT, Caroline Deacon has devised a simple but effective 3-step plan to help parents understand and care for their baby's needs without neglecting their own. Summary of contents / The three basic universal needs of both parent and child are comfort, sleep and food. Caroline Deacon works with these three needs to bring you her three-step plan. / Written in five parts, the first three explain and address the needs of: 1) newborns 2) from six weeks 3) from six months 4) from the toddler years. The fifth part focuses on colic and babies who cry a lot, giving parents clear guidance and practical solutions. / Includes other parents' shared experiences, providing empathy as well as practical advice.

作者介绍:

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