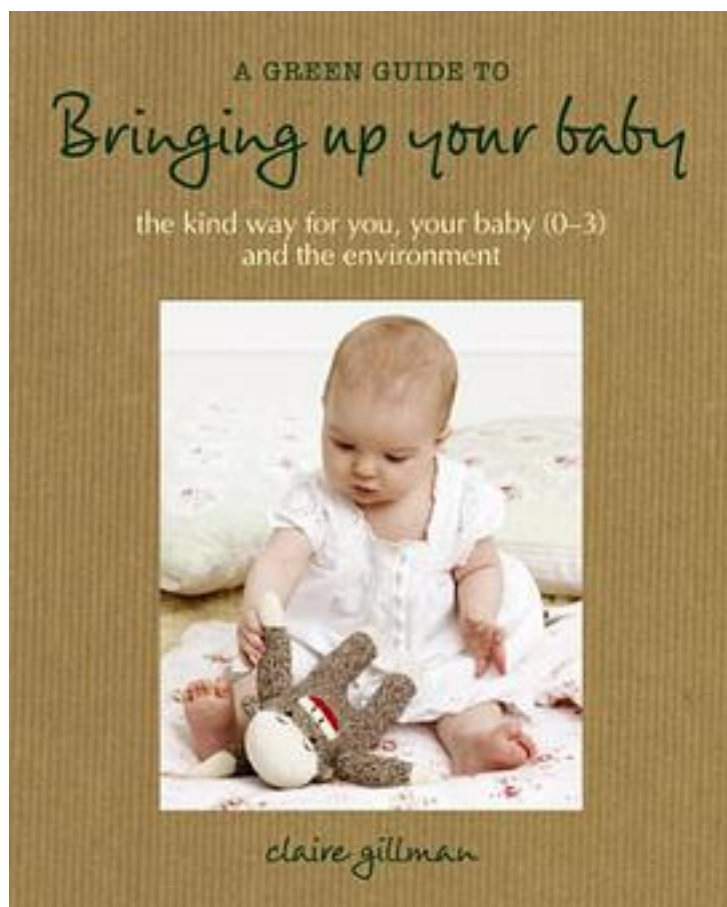


A Green Guide to Bringing Up Your Baby



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This authoritative guide by childcare expert Claire Gillman shows how a green approach not only protects you and your baby from potentially harmful chemicals and additives, but helps you develop a deeper bond with your baby and understand what he or she naturally needs to be happy and healthy.

The first chapter, "Nurture and Care," is a brilliant guide to the essentials during those precious few days after baby comes home: bonding, breast and bottle feeding, weaning, teething, and early foods. Learn, too, how to make your home more green, ranging from your baby's nursery and natural baby equipment, clothing, and cosmetic product choices to green housekeeping and the pollutants to avoid. In the chapter on learning, review positive learning environments, playgroups and pre-schools, natural learning and early decisions regarding home/alternative schooling options, while "Play and Creativity" is packed with natural ways to support your child's development through play. "Health and Healing" looks at common childhood illnesses and a natural approach to treating and preventing them, while the final section, "Natural Therapies," explores natural therapies along with baby yoga and a soothing baby massage sequence. The easy tips and expertise in A Green Guide to Bringing Up Your Baby will help you make informed choices that make a difference to your lifestyle and the planet.

* Bring up your baby in as natural a way as possible--and create a greener environment that supports your baby's development and the bond between you.

* For all parents of babies and young children aged between 0 and 3 years.

作者介绍:

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