

The Art of Conscious Parenting

The Art of Conscious Parenting



The Natural Way to
Give Birth, Bond with, and
Raise Healthy Children

Jeffrey L. Fine, Ph.D., with Dalit Fine, M.S.
Foreword by Joseph Chilton Pearce

[The Art of Conscious Parenting_ 下载链接1](#)

著者:Fine, Jeffrey L., Ph.D./ Fine, Dalit (CON)/ Pearce, Joseph Chilton (FRW)

出版者:

出版时间:2009-10

装帧:

isbn:9781594773228

Our first days and months of life are critical in forming the attitudes we bring into adulthood and in structuring the very roots of our personality. Simple bonding techniques are at the core of a new model of conscious parenting that can produce happy and well-adjusted children. These practices, also, help parents experience an increased joy and intimacy both with their child and with each other. Based on obstetric and psychological evidence, Jeffrey and Dalit Fine reveal how bonding begins in the womb and that the physical and mental preparation of both the father and mother, even before conception, sets the tone for the future well-being of the child. They show how sustained physical contact and simple ways of consciously interacting with your infant - eye contact with the newborn, baby-carrying instead of pushchair use and sleeping together - have an observable positive effect. They, also, show that the green parenting practices of breast-feeding, contact with nature and simple low-tech creative play, not only provide a more hands-on and intimate approach to parenting, but, also, are more economical and environmentally sustainable. From in-utero bonding through the challenges and joys of consciously interacting with your growing child, this book will help parents rediscover and apply the natural art of conscious parenting. *Explains the importance of bonding with your child in the womb and the physical and mental preparation needed even before conception *Shows how green parenting - breast-feeding, contact with nature and low-tech creativity - can enhance your child's life

作者介绍:

目录:

[The Art of Conscious Parenting_ 下载链接1](#)

标签

评论

[The Art of Conscious Parenting_ 下载链接1](#)

书评

[The Art of Conscious Parenting_ 下载链接1](#)