



The Essential Library for New Moms 4-Book Bundle: Healthy Sleep Habits, Happy Child; The Baby Food Bible; Infant Massage; Colic Solved

By Marc Weissbluth Md, Eileen Behan

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Becoming a parent is, without question, a major life event. Caring for your new baby is at once exciting, joyful, and exhausting. Now to help with your bundle of joy is this bundle of four indispensable books. *The Essential Library for New Moms* gathers top experts to answer all your questions, from sleeping to eating to health and wellness.

HEALTHY SLEEP HABITS, HAPPY CHILD **Marc Weissbluth, M.D.**

In this perennial favorite, Dr. Marc Weissbluth, one of the country's leading pediatricians, shares his groundbreaking approach to solving and preventing your children's sleep problems, from infancy through adolescence. *Healthy Sleep Habits, Happy Child* is a step-by-step resource for instituting beneficial behaviors within the framework of your child's natural sleep cycles. It includes information on the prevention and treatment of sleep problems, ways to naturally get your baby to fall asleep, help for working moms and children with sleep issues, the benefits and drawbacks of allowing kids to sleep in "the family bed," and much more.

THE BABY FOOD BIBLE **Eileen Behan**

Family nutrition expert Eileen Behan posits that good nutrition and good eating habits start on day one. *The Baby Food Bible* features a guide to more than one hundred foods recommended for infants and toddlers based on the American Academy of Pediatrics guidelines, explains when to introduce these foods into a child's diet, and emphasizes the importance of setting healthy eating routines that center on family meals at the dining room table. You'll also learn how to avoid everyday pitfalls, such as relying on too much fruit juice or labeling your child a

picky eater; decipher the many labels and ingredient lists at the grocery store; and prevent and treat common food-related issues, as well as discourage chronic disease. Featuring an alphabetized index—from apples to zucchini—there's no better way to ensure your child will grow up to have a happy and healthy life!

INFANT MASSAGE

Vimala McClure

In this renowned classic, Vimala McClure, founder of the International Association of Infant Massage, helps you master the techniques of infant massage so you can incorporate this joyful and wonderful healing art into your baby's life. She shows you how a daily massage benefits children—easing discomfort, releasing tension, helping premature infants gain weight, even improving breathing function in asthmatic children. *Infant Massage* also provides helpful hints on dealing with crying and fussing, guidance for teaching children about "good touch," compassionate advice for foster and adoptive parents, and much more.

COLIC SOLVED

Bryan Vartabedian, M.D.

For generations, doctors have been diagnosing babies with colic, offering little comfort and few solutions to worried, weary parents. But recent medical advances made through cutting-edge technology now reveal that many if not most cases are caused by acid reflux. In this revolutionary book, Bryan Vartabedian, a noted pediatric gastroenterologist and the father of two babies with acid reflux, provides hands-on, practical advice about this hidden epidemic—and how to make your own baby happy again. Complete with inspiring real-life cases of colic solved, plus tips and illustrations, this essential guide provides real answers to a problem that has been upsetting babies—and parents—for years. Help and hope are at hand!



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Glenn Pryor:

In this 21st hundred years, people become competitive in each and every way. By being competitive at this point, people have do something to make all of them survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that often many people have underestimated this for a while is reading. That's why, by reading a publication your ability to survive enhance then having chance to stand than other is high. To suit your needs who want to start reading some sort of book, we give you that The Essential Library for New Moms 4-Book Bundle: Healthy Sleep Habits, Happy Child; The Baby Food Bible; Infant Massage; Colic Solved book as beginning and daily reading guide. Why, because this book is more than just a book.

John McKeever:

The book untitled The Essential Library for New Moms 4-Book Bundle: Healthy Sleep Habits, Happy Child; The Baby Food Bible; Infant Massage; Colic Solved is the e-book that recommended to you to study. You can see the quality of the book content that will be shown to anyone. The language that writer use to explained their way of doing something is easily to understand. The copy writer was did a lot of research when write the book, therefore the information that they share to you is absolutely accurate. You also might get the e-book of The Essential Library for New Moms 4-Book Bundle: Healthy Sleep Habits, Happy Child; The Baby Food Bible; Infant Massage; Colic Solved from the publisher to make you considerably more enjoy free time.

Patricia Beall:

Do you have something that you like such as book? The guide lovers usually prefer to opt for book like comic, limited story and the biggest you are novel. Now, why not striving The Essential Library for New Moms 4-Book Bundle: Healthy Sleep Habits, Happy Child; The Baby Food Bible; Infant Massage; Colic Solved that give your entertainment preference will be satisfied by simply reading this book. Reading addiction all over the world can be said as the means for people to know world far better then how they react in the direction of the world. It can't be stated constantly that reading addiction only for the geeky person but for all of you who wants to possibly be success person. So , for every you who want to start examining as your good habit, you may pick The Essential Library for New Moms 4-Book Bundle: Healthy Sleep Habits, Happy Child; The Baby Food Bible; Infant Massage; Colic Solved become your starter.

Dorothy Saunders:

What is your hobby? Have you heard that question when you got students? We believe that that problem was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. And also you know that little person such as reading or as reading through become their hobby. You must know that reading is very important as well as book as to be the issue. Book is important thing to add you knowledge, except your own teacher or lecturer. You find good news or update with regards to something by book. Different categories of books that can you decide to try be your object. One of them is actually The Essential Library for New Moms 4-Book Bundle: Healthy Sleep Habits, Happy Child; The Baby Food Bible; Infant Massage; Colic Solved.

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