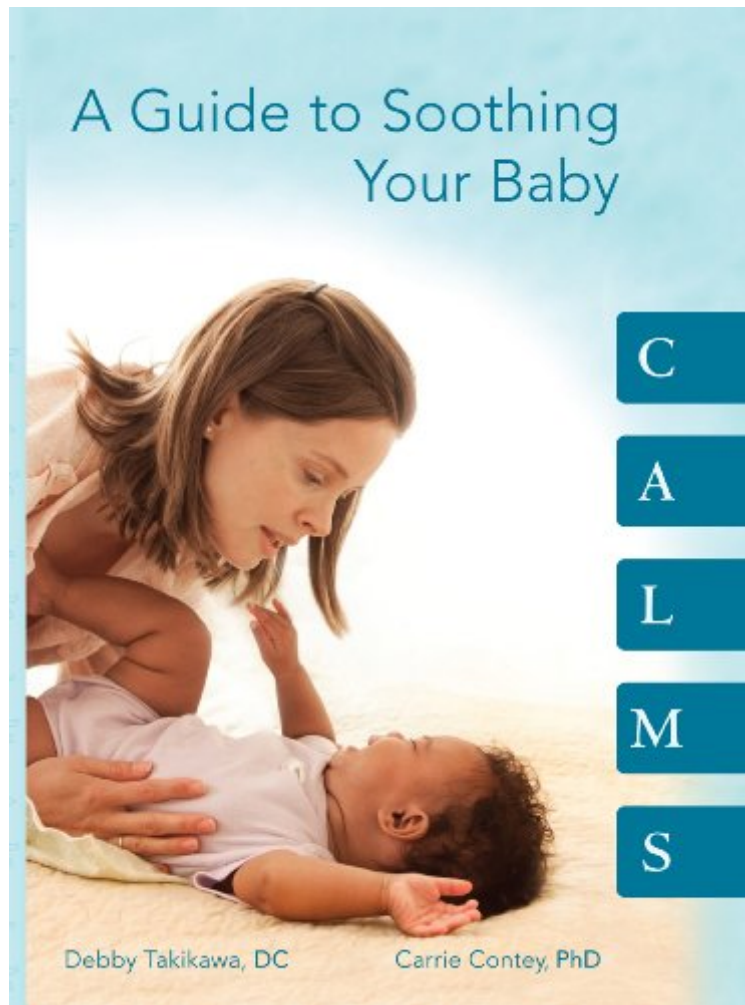


[Download] CALMS A Guide to Soothing Your Baby

## CALMS A Guide to Soothing Your Baby

*Carrie Contey PhD, Debby Takikawa DC*  
*ePub | \*DOC | audiobook | ebooks | Download PDF*



#1323161 in Books Hana Peace Works 2012-08-01PDF # 1 #File Name: 0976873524119 pages | File size: 72.Mb

**Carrie Contey PhD, Debby Takikawa DC : CALMS A Guide to Soothing Your Baby** before purchasing it in order to gage whether or not it would be worth my time, and all praised CALMS A Guide to Soothing Your Baby:

Honest, short, sweet and scientific, CALMS A Guide to Soothing Your Baby offers parents and professionals a new view of babies and a tool kit for creating family harmony and parent-child connection. This improved and expanded 2nd edition is written with compassion and insight into the world of new babies and new parents, and provides the practical tools parents need to help their babies settle when they are upset and to create deep healthy bonds with their children right from the start. The title CALMS is an acronym standing for an indispensable 5-step process which parents can use to maintain composure during the inevitable stresses and strains encountered in the first weeks of

parenting after the birth. The secret method that all baby whisperers know is disclosed in Part One. These steps make good sense and good psychology. The novelty and simplicity of CALMS may startle you. Part two of the book provides an overview of the latest research coming out of the field of prenatal and perinatal psychology and offers new insight into early infant development. Part three answers the most frequently asked questions that all parents want to know. This book is the "must have reference" for any new parent, parent-to-be or person working with families during the early years of life. It is the perfect gift for your new client welcome bag, and doulas, midwives, nurses and hospitals are already ordering by the hundreds! This essential guide is a great choice for parenting classes and it makes the perfect shower gift. "I received CALMS just after the birth of my fourth baby and the information has proved invaluable to our whole family. We find ourselves applying the techniques not just for our infant, but for our nine, seven and four year-olds as well. It turns out that what babies want is what we all want; compassion, understanding and patience. Every family new or not should have CALMS readily available." Bernadette, mother of four