



Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby

Helen Moon

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From baby nurse to the stars, Helen Moon, a step-by-step plan to managing sleep and feeding issues to survive--and enjoy--the first six weeks of your newborn baby's life.

Have you ever wondered why celebrities look so rested in such a short time after giving birth? The answer: baby specialists like Helen Moon. A baby specialist and professional nanny for the past 25 years, Helen has worked closely with hundreds of families, including some of Hollywood's biggest stars.

Helen knows that the first six weeks of a baby's life--when parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention--has a huge impact on the entire family. Getting a baby on a sleeping and eating schedule is an achievable dream, and it's not a mystery. Helen's step-by-step plan shows new parents exactly how to integrate their baby into the family so that she will be able to sleep when she's tired, eat when she's hungry, and calm herself when she's fussy--self-regulating skills that will enable her to thrive for the rest of her life.

Assured that their babies are secure and happy, parents can confidently enjoy this most precious time of their baby's life, trusting their own instincts, and--most importantly--sleeping through the night themselves!

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From reader reviews:

Ella Butler:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby can be good book to read. May be it might be best activity to you.

Jacqueline Gore:

Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby can be one of your starter books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to get every word into delight arrangement in writing Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby yet doesn't forget the main position, giving the reader the hottest in addition to based confirm resource information that maybe you can be considered one of it. This great information may drawn you into new stage of crucial thinking.

Mary Brott:

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