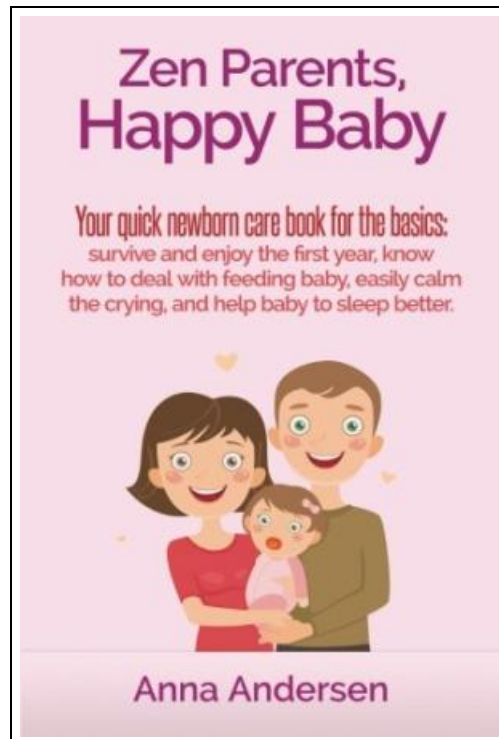


## Zen Parents, Happy Baby: Your Quick Newborn Care Book for the Basics: Survive and Enjoy the First Year, Know How to Deal with Feeding Baby, Easily Calm the Crying, and Help Baby to



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.At the time of the birth of a firstborn child, 60 of mothers and 80 of fathers do not feel confident in feeling adequately prepared for their new role of being a parent (according to a UNICEF survey). Are you desperate to stop the never-ending crying of your infant? Do you ever feel guilty that you re the fortunate parent of a beautiful baby who sometimes just drives you completely insane? Are the sleepless nights, poop-filled days, and the lack of support from your significant other leaving you overwhelmed? Well, at some point during the first few weeks almost every mom will find herself completely exhausted, praying for the crying to stop, and realizing that she never thought it would be that hard. I have written this very short guide to share my tips as a mother of two on how to not just survive but actually ENJOY the first year, learn how to navigate newborn s feeding habits, easily calm the cries, and help baby to sleep better. You can read a lot on parenting an infant, but no matter how much you want to prepare yourself, your baby will always be unique and bring up unexpected challenges. Therefore I believe that it all comes down to learning the basics on how to approach this beautiful adventure the right way: 1. If you can learn to better deal with stress in general, you will be a more energized and relaxed parent. 2. Babies have very basic needs: eat, sleep, comfort, and love. Master this and you will be a hero on the battlefields of parenting. This book does not teach you in detail how to handle every...



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