



Parenting by Heart: Sleeping, Feeding and Gentle Care for Your Baby s First Year

By Pinky McKay

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. In Parenting by Heart, Pinky McKay encourages parents to trust their own instincts and connections with their children. Practical advice is offered with Pinky s trademark humour and covers birth choices, breast-feeding, postnatal depression, sleep, crying, gentle discipline, and building self-esteem (yours and your child s!). Along the way Pinky gives excellent advice for dealing with unwanted inquiries from family and friends, redefines the good/bad baby continuum to real babies, and considers where the relationship with your partner fits into all this activity! Parenting by Heart will show you how to explore your options and take charge. Most of all, lighten up, laugh, enjoy! Trust yourself. Trust your child. Trust your feelings. From the author: When you follow your heart rather than a single parenting method, you seldom fit neatly into a stereotype. I have sampled various options from the rich smorgasbord of childrearing methods to form my own rich collage, which has often meant going against popular opinion. At times following your heart can also result in challenges as you confront the wider world: I have rocked up...

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