



# **Calm Mama, Happy Baby: The Simple, Intuitive Way to Tame Tears, Improve Sleep, and Help Your Family Thrive**

*Derek CHP, Jennifer Waldburger*

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As a mom, I have absolutely found a connection between my stress or calm and my daughter's mood and behavior. *Calm Mama, Happy Baby* gives moms practical tools for choosing calm over stress no matter what is happening. These techniques have been a lifesaver for me." ?**Tiffani Thiessen, actress**

"A fascinating look at how we are neurologically 'programmed' to think, feel, and act like our parents. This book shows moms how to avoid passing along habits of stress and negativity, setting their children up for good health, optimal learning, and better sleep." ?**Anjalee Warriar Galion, MD, Children's Hospital Orange County**

With constant feedings, teary outbursts, and trying to help your baby sleep through the night, it's no wonder that parents of babies and young children feel overwhelmed. Yet eye-opening neuroscientific research shows that your stress directly affects your child's mood, behavior, and health. The good news is that calm mamas have calmer, happier babies who usually feed and sleep better, too.

Drawing on their experience in nearly two decades of working with parents in Hollywood and around the globe, Derek O'Neill and Jennifer Waldburger give parents practical tools for choosing calm over stress no matter what is happening with their child. For any mom who's ever said, "I wish my baby came with instructions," *Calm Mama, Happy Baby* offers a step-by-step approach for helping you parent intuitively, with confidence.

- Discover the negative habits that cause stress and zap your energy
- Learn how to understand your baby's communication on all levels
- Defuse any parenting situation, from feeding problems and sleep disruptions to separation anxiety, fussiness, and colic
- Explore why becoming a parent brings up unresolved fears and insecurities?and how to put them to rest.

When mama is happy, your child is happy, too?and the entire household thrives.

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Do you have something that suits you such as book? The publication lovers usually prefer to choose book like comic, limited story and the biggest the first is novel. Now, why not seeking Calm Mama, Happy Baby: The Simple, Intuitive Way to Tame Tears, Improve Sleep, and Help Your Family Thrive that give your satisfaction preference will be satisfied by reading this book. Reading addiction all over the world can be said as the opportunity for people to know world much better then how they react to the world. It can't be said constantly that reading behavior only for the geeky person but for all of you who wants to be success person. So , for every you who want to start reading as your good habit, you could pick Calm Mama, Happy Baby: The Simple, Intuitive Way to Tame Tears, Improve Sleep, and Help Your Family Thrive become your own starter.

#### **Richard Dunn:**

The book untitled Calm Mama, Happy Baby: The Simple, Intuitive Way to Tame Tears, Improve Sleep, and Help Your Family Thrive contain a lot of information on it. The writer explains the girl idea with easy method. The language is very clear and understandable all the people, so do not really worry, you can easy to read the item. The book was authored by famous author. The author brings you in the new time of literary works. You can read this book because you can continue reading your smart phone, or program, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and also order it. Have a nice examine.

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#### **Lillian Burbank:**

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