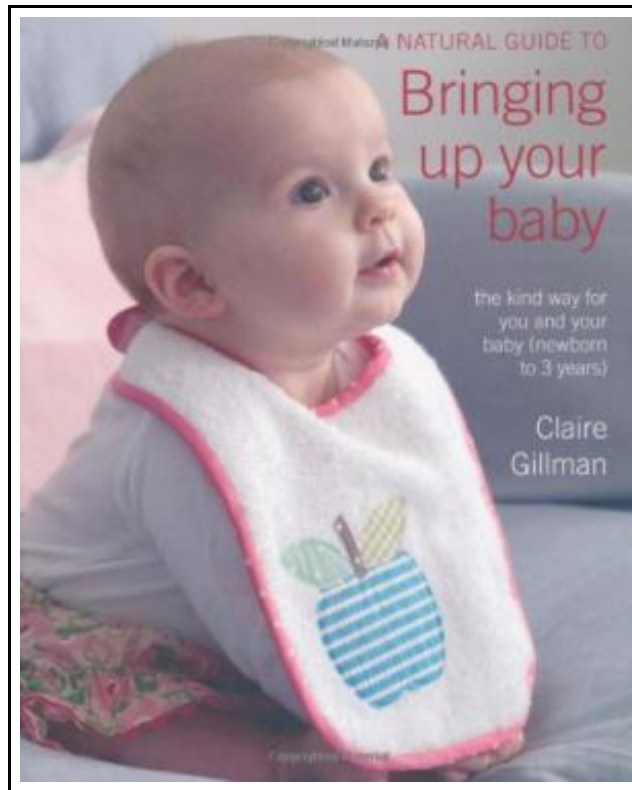


## A Natural Guide to Bringing Up Your Baby: The Kind Way for You, Your Baby (0-3) and the Environment



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## A NATURAL GUIDE TO BRINGING UP YOUR BABY: THE KIND WAY FOR YOU, YOUR BABY (0-3) AND THE ENVIRONMENT



Ryland, Peters & Small Ltd. Paperback. Book Condition: new. BRAND NEW, A Natural Guide to Bringing Up Your Baby: The Kind Way for You, Your Baby (0-3) and the Environment, Claire Gillman, This authoritative guide by childcare expert Claire Gillman helps you make informed choices about your baby's upbringing. Here Claire shows how a green approach not only protects you and your baby from potentially harmful chemicals and additives, but also helps you bond more deeply with your baby and understand what he naturally needs to be happy and healthy. The first chapter, 'Nurture and Care', is a brilliant guide to essentials for your newborn - bonding, breast- and bottle-feeding, weaning, teething and early foods - while 'Healthy Home Environment' shows how to make your home more green, ranging from the nursery and natural clothing and cosmetic product choices to green housekeeping and the pollutants to avoid. 'Natural Learning' reviews positive learning environments and home/alternative schooling options, followed by 'Play and Creativity', which is packed with natural ways to support your child's development through play. 'Health and Healing' looks at common childhood illnesses and offers a natural approach to treating and preventing them, while the final section, 'Natural Therapies', explores alternative methods such as homeopathy and acupressure, and includes a baby massage sequence to help soothe and relax your child.

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