



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

*Helen Moon*

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

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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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#### **Virginia White:**

Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby can be one of your basic books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to get every word into joy arrangement in writing Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby however doesn't forget the main position, giving the reader the hottest in addition to

based confirm resource facts that maybe you can be one of it. This great information can certainly drawn you into new stage of crucial pondering.

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