



## The Complete Book of Natural Pregnancy and Childcare: Conceiving, Giving Birth, and Raising Your Child the Way Nature Intended, from Birth Right Through to Age 5; An Essential Companion for Parent and Carer.

By Kim Davies, Anne Charlish

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Complete Book of Natural Pregnancy and Childcare: Conceiving, Giving Birth, and Raising Your Child the Way Nature Intended, from Birth Right Through to Age 5; An Essential Companion for Parent and Carer., Kim Davies, Anne Charlish, This definitive guide offers a balanced and comprehensive approach, combining natural therapies with conventional options and up-to-the-minute research. The biology of natural fertility, conception, pregnancy and birth is explained and practical issues after birth are also covered, with advice on childcare, feeding, sleeping, and how to encourage development. For parents of toddlers there is much-needed help with temper tantrums, toilet training, bed-wetting, and encouraging social skills. Finally a reference section offers advice on common illnesses, health checks, first aid, healthy eating plans and enticing recipes for your child.

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