

Babies The Mumsnet Guide A Million Mums Trade Secrets

Mums on Babies Your Baby Week By Week Top Bananas! Your No Guilt Pregnancy Plan YOUR BABY AND CHILD Babies How Not to Be a Perfect Mother Nobody Told Me The Mumsnet Rules! Am Not Your Baby Mother First-time Parent Bumpology Twelve Hours' Sleep by Twelve Weeks Old Birth Trauma (Second Edition) The Essential First Year Expecting Better New Babycare The Book You Wish Your Parents Had Read Precious Little Sleep Midwifery Skills at a Glance Toddlers The Quick Guide to Parenting Ina May's Guide to Childbirth The Complete Mumsnet Guides Jo Frost's Confident Baby Care The Mighty Toddler How to Blitz Nits (and Other Nasties) Your Baby Can Read! Why Did Nobody Tell Me? The Retronaut Guide to Raising Children Which London School? and the South-East 2010/2011 7pm to 7am Sleeping Baby Routine Pregnancy: The Mumsnet Guide A World of Babies Positive Discipline The Danish Way of Parenting Making Babies How to Grow a Baby and Push It Out Reset Your Child's Brain The Blissful Baby Expert

Mums on Babies

'This book should be required reading for anyone thinking of having a baby, or even anyone who knows someone who is thinking of having a baby' Scotland on Sunday 'Fascinating and honest' Mumsnet 'Like talking to a friend' Observer Winner of the Ted Hughes Award for New Work in Poetry There were many things that Hollie McNish didn't know before she was pregnant. How her family and friends would react; that Mr Whippy would be off the menu; how quickly ice can melt on a stomach. These were on top of the many other things she didn't know about babies: how to stand while holding one; how to do a poetry gig with your baby as a member of the audience; how drum'n'bass can make a great lullaby. And that's before you even start on toddlers. But Hollie learned. And she's still learning, slowly. Nobody Told Me is a collection of poems and stories; Hollie's thoughts on raising a child in modern Britain, of trying to become a parent in modern Britain, of sex, commercialism, feeding, gender and of finding secret places to scream once in a while.

Your Baby Week By Week

Top Bananas!

Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one

baby at a time.

Your No Guilt Pregnancy Plan

Who better than Jo Frost - the UK's most trusted nanny - to help you during this amazing first year of your new baby's life? You can always depend on Jo to give sound advice and practical help on a range of topics, including: * Sleeping * Feeding * Weaning * Teething * Playing Whether you need advice on how to establish practical routines, or simply reassurance and guidance, Jo's indispensable baby know-how will help all parents and co-carers of newborns feel more confident, creating much happiness as you and your baby grow together.

YOUR BABY AND CHILD

"A beautifully comprehensive look at what it might mean to be a sane and emotionally intelligent parent . . . hugely warm, wise, hopeful and encouraging."--Alain de Botton, author of How Proust Can Change Your Life Instant #1 Sunday Times Bestseller Every parent wants their child to be happy and every parent wants to avoid screwing them up (the way their parents did!). But how do you do that? In this absorbing, clever, and warm book, renowned psychotherapist Philippa Perry tells us what really matters and what behavior it is important to avoid--the vital dos and don'ts of parenting. Her approach begins with parents themselves and their own psychological make-up and history--and how that in turn influences one's parenting. Instead of mapping out the "perfect" plan, Perry offers a big-picture look at the elements that lead to good parent-child relationships. This refreshing judgement-free book will help you to:

- Understand how your own upbringing may affect your parenting
- Accept that you will make mistakes and learn what you can do about them
- Break negative cycles and patterns
- Handle your own and child's feelings
- Understand what different behaviors communicate

Full of sage and sane advice, *The Book You Wish Your Parents Had Read* is one every parent will want to read and every child will wish their parents had.

Babies

How Not to Be a Perfect Mother

Help your baby sleep through the night - without any tears. The early months with a new baby are exciting and magical, but they can also be emotional and exhausting if sleep is disturbed night after night. Baby sleep expert Charmian Mead's flexible plan, developed from work with hundreds of families, is designed to encourage baby to sleep a full twelve hours a night, naturally, by as early as six weeks old, without any tears. She'll show you gentle ways to encourage your baby to:

- Take active and effective feeds during the day
- Stay awake and playful in the day (not night!)
- Feel full and content day and night
- Sleep twelve hour stretches at night with no dream feed

Whether you are breastfeeding, bottle-feeding or a bit of both - and even if you have twins - Charmian's approach will make sure your baby stays awake and playful during the day and not at night!

Nobody Told Me

A witty yet practical guide to defeating the ten most common childhood 'nasties'. The all-seeing, all-knowing powerhouse that is Mumsnet brings you the ultimate pocket guide to the most testing of childhood ailments, leaving you armed and ready for combat whenever the likes of mini-beasts, bacteria and viruses strike (too often all at once). Brimming with first-hand experience, this little book is full of tips ranging from how to deal with a poonami to how to be your child's bedtime hero, all accompanied by wry words of hope and encouragement. 'Nasties' tackled include nits, threadworm, ringworm, warts, molluscum, conjunctivitis, foreign objects, vomit, poo and dragons under the bed. Each nasty has its own dedicated chapter containing both practical and hilarious tips from Mumsnet talk boards; a 'Top Trumps' card outlining skills, strengths, weaknesses and a toe-curling fact; and a comprehensive guide to making your nasty encounter as stress-free as possible. Lighthearted, funny and utterly indispensable, this comprehensive guide will be your pocket-sized lifesaver.

The Mumsnet Rules

From what they said to the man at the bus stop, to where you found the remote control, when you're a parent, laughing at what gets hurled in your direction is beyond important. Since 2012, fashion illustrator Laura Quick has been sketching scenes from daily domestic life on her blog, The Daily Think. Insightful, tender and very, very funny, the images have become hugely popular, and the very best of them are collected together in this exquisite and hilarious gift book. All the bizarre moments and ridiculous conversations that are part of being a parent are here, from the day Laura's daughter tried to poke her finger into a dog's rear end, to the temper tantrums, and the sense of relief when the school holidays are over. Chronicling all manner of parenting fails and mishaps, the illustrations are a welcome light relief for world-weary parents everywhere.

I Am Not Your Baby Mother

Second edition of a leading book on birth trauma, explaining everything you, your family and friends need to know about birth trauma: what causes it, how it affects your relationships, how to treat it, where to find support and how to make a complaint or take legal action. Written by the CEO of the Birth Trauma Association.

First-time Parent

Is it normal to think random strangers are trying to abduct your precious first born? What do you actually do with a baby all day, anyway? Will you frighten your childless friends if you attempt to raise any of this with them? Babies- The Mumsnet Guide is an introduction to the strange world of the postnatal, a world of strong emotions and revolting excretions, the sublime and the ridiculous. It is the gathered up, boiled-down wisdom of thousands of mums and the occasional dad who have posted on mumsnet.com since its launch in June 2000 about everything to do with life after baby. From thoughtful advice about breastfeeding, colic and getting some sleep to debates about parenting gurus and the best form of

childcare, by way of a fair bit of gore and the odd bit of flagrant silliness about postnatal vaginal circumference and baby names, Babies- The Mumsnet Guide contains the advice, thoughts, experiences and random burblings of thousands of parents. Parents who have done a lot of the worrying for you already.

Bumpology

Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017 Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about - straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.

Twelve Hours' Sleep by Twelve Weeks Old

Since its launch in June 2000, hundreds of thousands of mums (and a fair few dads too) have swapped answers, recommendations and war stories on Mumsnet.com. They have debated the pros and cons of organic baby food, fretted over whether or not to use dummies - and how to wean children off them - shared breast-feeding tips, agonised over the best nursery schools, helped each other through the upheavals of returning to work and swapped tips on anything from feuding siblings, to mysterious illnesses. Pregnancy the Mumsnet Guide, is packed full of the advice, wisdom, reassurance and down-to-earth humour of these many many parents, distilled and presented in a way that is both accessible and authoritative. From hormones to hypnobirthing, stretch marks to swollen ankles, birth plans to births-not-so-planned, and all the jitters and joys in between, Pregnancy: The Mumsnet Guide is the essential, comprehensive and compassionate birthing bible for every parent-to-be. This is the indispensable guide from the frontline of parenting.

Birth Trauma (Second Edition)

Forget unrealistic childcare manuals—this is the book new parents will really need to help cope brilliantly with the first chaotic days and months. In a humorous style, the book begins with that first mind-blowing day and addresses the issues unique to the first-time parent who stares at their newborn and thinks Where are the instructions? Anticipating the questions and concerns of all new mothers—Why does my baby cry so much? Will I ever lose all this weight? Am I a bad parent because. . ., the book provides practical advice and level-headed reassurance. It addresses the needs of the baby and, very importantly, those of the parent during the first year of their baby's life. Contents include: the equipment and kit new parents really need, how to cope with the first few hours, coming home, bonding, how to survive the first few days, and sleeping. New moms and dads will also learn about the baby's crying, feeding their child, the baby's physical and mental development, health considerations for baby and parent, the changing mother-

father relationship, and coping with being at home and with going back to work. This guide also includes information on single parenting, and on adopted, multiple and special needs babies.

The Essential First Year

An award-winning social scientist uses economic tools to challenge popular misconceptions about pregnancy to counsel women on how to navigate contradictory and extreme abstinence-style advice to promote empowerment, reduce risks and enable practical choices.

Expecting Better

The highly successful Retronaut blog looks at the past as it has never been looked at before. Here, in the second of a new series of Retronaut books, the site's founder, Wolfgang Wild, brings you a thought-provoking collection of photographs from our hidden history. Often witty and entertaining, but also thought-provoking and at times puzzling, the images are chosen to shift our perceptions, making us think-and look again. Discover what our ancestors considered to be good parenting in the days before the 'care' was put into childcare, from dangerous sports to the best brand of cigarette for your baby. A perfectly reassuring gift for today's new parent, this book will also appeal to anyone who likes pictures of babies in sunglasses.

New Babycare

The indispensable guide from the frontline of parenting.

The Book You Wish Your Parents Had Read

New Babycare is revised edition of Dr. Miriam Stoppard's classic babycare companion. This book offers the latest advice on all aspects of babycare, from feeding, washing, and dressing to how to express breast milk, how to give your baby medicine, dealing with sleeping problems, and more. Dr. Miriam Stoppard is a best-selling medical writer and broadcaster, and in her daily column for the UK newspaper The Mirror, she has helped millions of people deal with life's emotional problems and health issues. Well known for her practical, sympathetic approach to childcare, her aim is to give readers "the confidence to follow their own instincts." Miriam Stoppard has been at the forefront of the revolution in health information since she began her writing and broadcasting career in the early 1970s.

Precious Little Sleep

UPDATED EDITION 2018 The first six months with a new baby is a special and exciting time full of milestones and new experiences. This updated edition of Your Baby Week by Week explains the changes that your baby will go through in their first six months. Each chapter covers a week of their development so you'll know when your baby will start to recognize you, when they'll smile and laugh for the first time and even when they'll be old enough to prefer some people to others!

Paediatrician Dr Caroline Fertleman and health writer Simone Cave's practical guide provides reassuring advice so you can be confident about your baby's needs. Including: - How to tell if your baby is getting enough milk - Spotting when you need to take your baby to the doctor - Identifying why your baby is crying - How long your baby is likely to sleep and cry for - Tips on breastfeeding and when to wean your baby Full of all the information and tips for every parent Your Baby Week by Week is the only guide you'll need to starting life with your new arrival.

Midwifery Skills at a Glance

The Mumsnet family cookbook ? for parents, by parents You've woken up with bed-head, there's breakfast to be made, children to be taken to school, lunches to be packed and jobs to go to. You all get home, a playmate comes over at the last minute, your plans fall by the wayside, everyone's clamouring for food? It can be hard feeding a family, and it can be even harder to come up with new, healthy and exciting ideas that will inspire you, let alone your children. But there's no reason to fret. Top Bananas! brings you a collection of 120 tasty and hassle-free recipes ? recommended, tweaked, tried and tested by real-life mums. Without sermonising, it provides heaps of helpful advice and nutritional information, and the top ten recipes in these twelve categories: Breakfast, Packed Lunch, Soup, Fast Food, Sunday Lunch, Veggies, Slow Cooking, One Pot Wonders, Cooking with Children, Party Food, Pudding and Baking. Suitable for children and grown-ups alike, the recipes include: one-pot lentil chicken, speedy noodle soup, beef stufado, kid-friendly curry, rock and sausage rolls, the jammiest of tarts, ice cream cone cakes and great balls of broccoli (a sure-fire way to get your kids eating greens). With a sprinkling of wit, a foreword from Mumsnet founder Justine Roberts, and beautiful colour photography throughout, this sassy book will add excitement and fun to family cooking ? and you'll never be stuck for ideas again.

Toddlers

As seen in The Wall Street Journal--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted kids in the world. **As seen on Yahoo, Salon, MindBodyGreen, Parents, and more** **International bestseller -- translated into 20 languages**

The Quick Guide to Parenting

In this simple, straightforward book, a renowned baby sleep specialist delivers her amazingly effective solution that will get any baby to sleep for 12 hours a night--and three hours in the day--by the age of 12 weeks.

Ina May's Guide to Childbirth

As many of us become parents at a later stage, when our adult lives are well established, the arrival of a baby brings an unpredictability that can be hard to cope with. Those who are used to managing their time in the workplace can be tempted to try to manage their infant in the same way. So-called "controlled crying" has been recommended by many recent childcare guides, but parents should be aware of the high cost of such methods to their baby. In *The Essential First Year* Penelope Leach shows parents how they can reach a harmonious balance between their baby's needs and their own. While babies and their needs have not changed, our lifestyles have, and Penelope Leach has written the perfect manual for busy 21st century parents, which spans from pregnancy to the child's first birthday. The book is a gentle, but timely reminder that the fundamental purpose of having children is to share happiness. The happier a baby is, the more parents will enjoy being with him or her; being responsive to one's baby does not mean that it has to be at personal expense - the happiness of parents and baby is inextricably intertwined. *The Essential First Year* is not just full of sensible, practical advice, it is backed by more than ten years of new research into infant development, especially in brain growth, which now confirms, for instance, just how much fathers matter to their infant's progress, how girls' and boys' brains are different at birth (and develop differently) and how helping a baby to be calm, contented, amused, and interested leads to optimum development of body and brain. Using such information, Penelope Leach shows parents how to deal with problems as well as how to prevent them. Every parent wants to do the best for their baby and for the child that the baby will become. *The Essential First Year* gives parents the knowledge and the tools to nurture and care for every aspect of their infant's life - to meet the baby's physical needs, to stimulate their intellectual development and ensure their emotional well-being - and most importantly, *The Essential First Year* helps parents to simply enjoy being parents.

The Complete Mumsnet Guides

** As seen on the Victoria Derbyshire show ** Providing you with everything you've ever wanted to know about pregnancy, this is the definitive guide from conception to the first few weeks' at home with your newborn *** 'I wish there'd been a book like this when I was pregnant. It almost makes me want to have another child. Almost' Bryony Gordon *** Your No Guilt Pregnancy Plan is a revolutionary new guide to pregnancy and childbirth that puts the power firmly in your hands. It won't tell you what fruit your baby resembles week-by-week, but it will cover the huge shifts happening in your relationships, body, work and emotional life right now, giving you practical tools, tips and real stories to help you make a plan that is uniquely yours yet flexible enough to accommodate whatever your pregnancy, birth and life throw at you. ***Further Praise for Your No Guilt Pregnancy Plan*** 'The book has everything a pregnant woman needs I'm sure this will be the go-to book for women in years to come' - Helen Thorn host of the Scummy Mummies podcast 'Rebecca is a living, breathing Wonder Woman heroine. In a sea of

complicated, important and sometimes angry debate around childbirth, she is a mast to hold onto.' - Cherry Healey, presenter and author of Letters to My Fanny I can't think of a panicky question I had thought of through either of my pregnancies (and I thought of them at a rate of five per second) that wouldn't have been answered by this book. I wish I had had it, in fact. A very empowering guide to becoming a mother.' - Robyn Wilder, The Pool

Jo Frost's Confident Baby Care

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play
- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an unmedicated labor and birth
- How to avoid postpartum bleeding--and depression
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you
- The best ways to work with doctors and/or birth care providers
- How to create a safe, comfortable environment for birth in any setting, including a hospital
- And much more

Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

The Mighty Toddler

Drawing on the wealth of material on the Mumsnet website, this guide presents the collected wisdom of real parents who have been through it all and survived to pass on their experience to others. Each chapter contains a distillation of the best postings submitted by thousands of the site's users, punctuated by fact boxes, tips and summaries of what parents have to say.

How to Blitz Nits (and Other Nasties)

Provides a cross-cultural look at the child-rearing practices in seven societies around the world.

Your Baby Can Read!

WHY DID NOBODY TELL ME that the gurus don't always know best that you don't have to 'get your figure back' six weeks after birth that you don't need to worry about the other parents at the school gates that it's okay to let them eat dirt that you don't have to have a naughty step And most importantly that you should never

buy a guinea pig? Drawn from the message boards of mumsnet.com and based on the assumption that if thousands of parents have found a piece of advice to be helpful then you can be pretty sure it's worth knowing, this book shapes that collective wisdom into dozens of dos and don'ts that will lead you through the minefield that is twenty-first-century parenting.

Why Did Nobody Tell Me?

The Complete Mumsnet Guides brings together the wisdom of Pregnancy: The Mumsnet Guide, Babies: The Mumsnet Guide and Toddlers: The Mumsnet Guide. It is packed full of the advice, reassurance and down-to-earth humour of the hundreds of thousands of mums (and a fair few dads too) who have swapped recommendations and war stories on Mumsnet.com, distilled and presented in a way that is both accessible and authoritative. From hormones to hypnobirthing, stretch marks to swollen ankles, birth plans to births-not-so-planned, Pregnancy: The Mumsnet Guide is the essential birthing bible for every parent-to-be. Babies: The Mumsnet Guide then takes you through everything from breastfeeding, colic and getting some sleep to debates about parenting gurus and the best form of childcare, by way of a fair bit of gore and the odd bit of flagrant silliness about postnatal vaginal circumference and baby names. Finally, Toddlers: The Mumsnet Guide carries you on through behaviour and discipline, potty training, food, sibling rivalry, returning - or not - to work, travel and education. This is the indispensable guide from the frontline of parenting.

The Retronaut Guide to Raising Children

'The only toddler book needed to keep parents informed, sane and smiling.'
Urbanbaby.com.au Recommended by Choice Magazine From the no. 1 bestselling author of Baby Love comes The Mighty Toddler, the most comprehensive, practical and informative guide to raising children aged one to four. Xoum's fully revised and updated digital edition includes:

- All you need to know about toddler behaviour and responses, including socialising, sharing, mealtimes, and how to handle tantrums
- The latest on sleeping, potty training, childcare, and food allergies and intolerances
- Key milestone information for each age group
- The essential facts about toddler health and wellbeing
- Handy in-built search functions
- All new full-colour illustrations

Informative, balanced and full of Robin Barker's trademark wit and wisdom, The Mighty Toddler is essential reading for every new parent.

Which London School? and the South-East 2010/2011

Aren't babies precious? So is sleep. Your baby is capable of sleeping through the night and this book will show you how. A whip smart and entertaining guide that focuses on WHY babies sleep the way they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including:

- > Navigating the tricky newborn phase like a pro
- > Getting your child to truly sleep through the night
- > Weaning off the all-night buffet
- > Mastering the precarious tango that is healthy napping
- > Solving toddler and preschooler

sleep struggles Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep. You'll love the practical solutions and the way she presents them. And it works! Buy it now.

7pm to 7am Sleeping Baby Routine

There are few life experiences more joyful than becoming a parent, but caring for a newborn can be daunting, particularly when you're not sure whose advice to follow or what your baby really needs. In *The Blissful Baby Expert*, Lisa Clegg draws on her own experience of motherhood and her professional life as a nanny and maternity nurse to share her essential, trusted advice. Gentle, reassuring and practical, her book guides you every step of the way from birth to two years. It includes: - Equipment - what is essential and what is helpful - Coming home - how to cope and bond in the early days - Sleep - flexible plans to help your baby settle and sleep - Feeding - guilt-free breast- and bottlefeeding - Weaning - when to start and how to do it - Q&As - common worries and what to do - Development - what to expect and advice on toys Every baby is different and this is why Lisa's book isn't a restrictive one-size-fits-all plan. Instead, she gives you the knowledge you need to trust your own instincts, build your confidence and learn to recognise what is best for your baby. With this knowledge, you'll enjoy calm, happy parenting and a blissful, settled baby.

Pregnancy: The Mumsnet Guide

The dos and don'ts to lead you through the minefield that is twenty-first-century parenting.

A World of Babies

Explains why children misbehave; discusses class and family meetings, mutual respect, and responsibility; and tells how parents and teachers can be more understanding and supportive

Positive Discipline

This guide to independent schooling in London provides up-to-date details of day boarding and nursery schools in London, day and boarding schools in surrounding counties, and international schools and colleges of further education.

The Danish Way of Parenting

Being an effective midwife requires a range of knowledge and skills, all of which are essential to provide competent and safe care to childbearing women and their infants. *Midwifery Skills at a Glance* offers an invaluable, straightforward guide for students and practitioners - offering readable, easily digestible information, supported with illustrations throughout to enhance application to practice. Clear and concise throughout, *Midwifery Skills at a Glance* covers a wide range of skills -

exploring issues such as infection control, personal hygiene care, and safeguarding; assessment, examination and screening skills; how to care for the woman and neonate with complex needs; drug administration and pain relief. A comprehensive, highly visual guide to the skills essential for safe, effective, and compassionate midwifery practice Written by experts in their field Briefly describes each skill and provides clear illustrations — making it an ideal companion in clinical practice Offers instruction on the safe use of a wide range of essential skills required to deliver safe, evidence-based maternity care Includes service user viewpoints and key points to help consolidate learning and reflect on the experience of receiving care Written with the student midwife in mind, Midwifery Skills at a Glance is equally invaluable for all others providing care, including Maternity Support Workers, mentors, registered midwives and medical students.

Making Babies

From award-winning science journalist Linda Geddes, a fascinating and practical companion for expectant parents that makes sense of conflicting advice about pregnancy, birth, and raising babies. Can I eat peanuts during pregnancy? Do unborn babies dream? Can men get pregnancy symptoms too? How much do babies remember? How can I get my baby to sleep through the night? The moment she discovers she's pregnant, every woman suddenly has a million questions about the life that's developing inside her. Linda Geddes was no different, except that as a journalist writing for New Scientist magazine she had access to the most up-to-date scientific research. What began as a personal quest to find the truth behind headlines and information that didn't patronize or confuse is now a brilliant new book. In Bumpology, Geddes discusses the latest research on every topic that expectant parents encounter, from first pregnancy symptoms to pregnancy diet, the right birth plan, and a baby's first year.

How to Grow a Baby and Push It Out

Designed to help an infant, toddler, or preschooler learn written language at the same time that they learn verbal language, during the natural window of opportunity for learning language.

Reset Your Child's Brain

Increasing numbers of parents grapple with children who are acting out without obvious reason. Revved up and irritable, many of these children are diagnosed with ADHD, bipolar illness, autism, or other disorders but don't respond well to treatment. They are then medicated, often with poor results and unwanted side effects. Based on emerging scientific research and extensive clinical experience, integrative child psychiatrist Dr. Victoria Dunckley has pioneered a four-week program to treat the frequent underlying cause, Electronic Screen Syndrome (ESS). Dr. Dunckley has found that everyday use of interactive screen devices — such as computers, video games, smartphones, and tablets — can easily overstimulate a child's nervous system, triggering a variety of stubborn symptoms. In contrast, she's discovered that a strict, extended electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the child's diagnosis. It also

reduces the need for medication and renders other treatments more effective. Offered now in this book, this simple intervention can produce a life-changing shift in brain function and help your child get back on track — all without cost or medication. While no one in today's connected world can completely shun electronic stimuli, Dr. Dunckley provides hope for parents who feel that their child has been misdiagnosed or inappropriately medicated, by presenting an alternative explanation for their child's difficulties and a concrete plan for treating them.

The Blissful Baby Expert

A fresh new look brings this parenting classic up-to-date for a new generation of mothers and mothers-to-be. Taking an irreverent and humorous look at the trials and tribulations of motherhood, Radio 4's Libby Purves has created an invaluable survival guide so that even the most unpromising madonna can cope with the baby years.

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