

# calm **mama** happy **baby**

The Simple, Intuitive  
Way to Tame Tears,  
Improve Sleep,  
and Help Your  
Family Thrive



Dorak O'Neill, MD, and  
Jennifer Waldburger, MD  
Coauthors of *The Unborn Child's Story*



Derek CHP and

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



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As a mom, I've absolutely found a link between my tension or calm and my daughter's disposition and behavior. However eye-opening neuroscientific research shows that your stress straight affects your child's mood, behavior, and wellness. For any mother who's ever said, "I wish my baby was included with instructions," Calm Mama, Happy Baby offers a step-by-step approach for assisting you parent intuitively, confidently. Explore why becoming a parent introduces unresolved fears and insecurities? and how to place them to rest. This publication shows mothers how to avoid passing along habits of stress and negativity, establishing their children up once and for all health, optimal learning, and better sleep." ?Anjalee Warriar Galion, MD, Children's Medical center Orange County With constant feedings, teary outbursts, and trying to greatly help your baby rest during the night, it's no question that parents of infants and young children experience overwhelmed. Calm Mama, Happy Baby gives moms practical equipment for choosing calm over stress no matter what is going on. Defuse any parenting situation, from feeding problems and sleep disruptions to separation anxiety, fussiness, and colic • Drawing on their experience in nearly 2 decades of dealing with parents in Hollywood and around the globe, Derek O'Neill and Jennifer Waldburger provide parents useful tools for choosing calm over stress regardless of what is occurring with the youngster. These techniques have already been a lifesaver for me. • Figure out how to understand your baby's conversation on all levels • Discover the negative habits that cause stress and zap your energy • The good thing is that calm mamas have calmer, happier babies who usually feed and sleep better, too." ?Tiffani Thiessen, actress "A remarkable look at how we are neurologically 'programmed' to believe, feel, and act like our parents. When mama is definitely happy, your son or daughter is happy, as well? and the complete household thrives.



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Practical tools for calming stress and understanding why it comes in the first place This book has everything to do with understanding our own emotions and how they effect our relationships as a mother with ourselves, our babies, our partners, and our families.." Anytime I pick up this book amid feeling stress as a mother, I find the guidance I need to work through it with supportive understanding. Many thanks! Five Stars Wonderfully written, filled with good and ideas and helpful reminders approximately being present and attuned. which is funny because I'm a pretty spiritually inclined person Some worth to the publication, but too woo woo for me, which is funny because I'm a pretty spiritually inclined person... This book has given me not only useful tools as a parent but to use in my own everyday life. amazing This is the first review I've ever written, but this book was so good I feel obligated to write one! Provides great background, then follows up with request. best book ever Eye opening. Five Stars In great shape. Provides great background, in that case follows up with practical application Not all just how through it, but extremely insightful. Great Gift This book is insightful and puts your mind at ease. Filled up with Practical Advice This book is easy to read and navigate. Almost every page includes a tip, practical advice or reassuring guidance. I believe it is useful not merely for Mothers, but Fathers, Grandparents, Aunts and Uncles would reap the benefits of reading it too! Discovering that CALM as a day to day tool has generated positive transformation. It has actually helped. This is a must-have for all new moms. I have read many parenting books and this is the best. This book has given me not just useful tools as a parent but to use in my .. It talks about how to calm tension through a variety of techniques like breathing, tuning into our anatomies to feel the sensations of feelings without judgement, understanding how we are reacting to circumstances from our own encounters in childhood, and the way the following three negative "mama mantras" can develop more stress and how to rethink them with compassion for ourselves and others: 1) "I'm doing it wrong" 2) "You're carrying it out wrong" 3) "Points Went Wrong previously or Will Go Wrong in the Future. I am buying this for each new parent. It is a book with timeless advice that I'll reference for a long time to come.! Although some of it appeared familiar the clarity and simpleness of how it is presented intended I actually stated using the methods much more often with brilliant results! I now use this in my parenting classes and the response has been actually positive with mums saying how they forgot to recognise they are performing their best and its own ok! It's great to dip in on a poor day and discover a phrase of wisdom or reminder to maintain positive and connected. Recommend especially to new mums as a shortcut to being the best mum you may be!



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