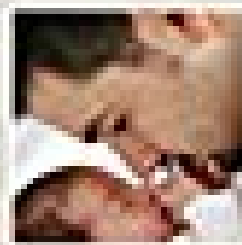
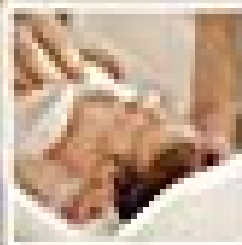
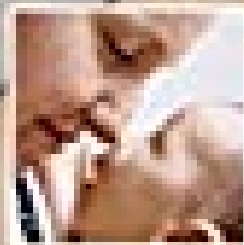


A large photograph of a woman with dark hair holding a baby. The woman is looking down at the baby with a gentle expression. The baby is looking directly at the camera with a curious expression.

towards parenthood

Preparing for the changes and challenges of a new baby



Jacqueline McGroon,
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Jeannette Milgrom and

Towards Parenthood: Preparing for the Changes and Challenges of a New Baby



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Towards Parenthood is continuing to grow out of the special plan of Australia's Parent-Infant Research Institute (PIRI), a non-profit organization focused on improving the emotional well-being of parents and infants. This PIRI plan provides been extensively piloted with Australian households and offers been revised to incorporate focus group responses. It presents skills in coping, problem-solving, enhancing self-esteem, assertive conversation, bonding with the brand new baby, and understanding the baby's cues. Additionally, Towards Parenthood strengthens the relationship between the parents themselves, as well as the romantic relationship between parents and infants. This guidebook assists parents in controlling the complex demands of parenting.



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Great Guide to Parenting This workbook has practical advice and is presented clearly and with humor. Many thanks! It covers a wide array of topics, and it is obvious the writers are a group who knows their topic with great authority.



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