



—Jen Lester—

# SURVIVOR'S GUIDE TO COLIC



Solutions for Crying Babies  
from Someone Who's Been There

Jen Lester

## Survivor's Guide to Colic



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The Comprehensive, Practical and Genuinely Helpful Guidebook for Parents of Colicky Infants. If your baby is definitely unsettled, fussy and crying all night, this is actually the book for you. - Why there is indeed much argument about the sources of colic. Cutting through all of the confusion, misinformation and product sales pitches, Jen brings clarity to the colic debate for the first time. - Powerful, baby whisperer settling methods. In this sanity-saving reserve, Jen Lester brings together all the information that parents need to help their baby end screaming. Survivor's Information to Colic draws on the latest medical research to describe: - What colic is and why it happens. - A full selection of options to address the underlying causes of colic, enabling parents to make their own informed decisions, whilst busting all the colic myths along the way.



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Every new mother should have a copy of this book "Survivor's Guideline to Colic" is a must have for time deprived mothers fighting new infants - with practical tips from true to life experience and kilometers of synthesized research to greatly help the reader understand all the intricacies of why, how, how to proceed, what's causing the colic who to carefully turn to and more; Lester's publication is a pragmatic information to help new parents cope with Colic. When it comes to colic, this author provides been there. I want someone sent me home from a healthcare facility with this reserve when I had my first child and actually had no idea how to proceed with her! Excellent advice from someone who's been through it! It's a genuine new baby, brand-new parents survival guide must have! Will need to have for new moms and a GREAT Baby shower gift! I really like this book! For anyone with a baby that cries excessively I would highly recommend checking this out. Wish I had received this when I was pregnant! This book very effectively and concisely lays out what colic is usually, how to recognize it in your son or daughter, where and how exactly to seek help, and it presents comprehensive instructions on how best to relaxed your baby, filled with illustrations. What a wonderful reserve by Jen Lester! I highly recommend this book as an addition to baby shower celebration gifts for first time mothers as it provides not merely extremely useful guidance for colicky babies but for ALL newborns. Provide these ideas a try, I guarantee they will work for you! Colic is a irritating and confusing encounter for parents that is made a lot more frustrating by the lack of information available about it. Readable with comprehensive strategies covering a wide range of areas to possibly address. It is refreshing to encounter a book where the advantages and disadvantages of the strategies had been listed and also the author's encounter and opinions so that you can work out what works best for your son or daughter. Written in an easy to follow format, new mothers can navigate through this reserve for quick answers! Highly recommend it to all mum's as much of the strategies would apply, at least partly, for most babies! A must have for parents of a colicky baby! One important thing that book highlights may be the truth that colic, although hard to manage, is short-term, and that you shouldn't be discouraged. This publication is written clearly and is filled with good advice for parents and is actually helpful and educational. It certainly makes you feel "normal" to know you do not have to get through this phase of your life without help. As a new mom, Jen is insightful, calm, and will be offering may great ideas to complete this stage of your baby's life. Constant crying can try any brand-new mother's nerves, especially when you are sleep deprived and on advantage. Jen offers suggestions and solutions that are simple to adhere to and understand. It was also great that there have been practical ways of implement immediately that were well established out and also doable! All the fundamentals of swaddling, soothing, pacifier use, gripe water, nursing, napping routines, signs of postpartum depression, self help contact numbers and much more and even more are here in a great easy to read guide. I read this book in a single sitting - it really is quite brief but also a reflection of how easy it really is to read! You are not alone, various other parents are exceptional same problems as you. The language used is conversational in fact it is actually aimed at assisting you out, you get a feel for how having a glass of tea with Jen must be!



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