

Hands-on Parenting



A NATURAL GUIDE

to **HAPPIER,**

HEALTHIER,

SMARTER

KIDS & PARENTS

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Hands-on Parenting: A Natural Guide to Happier, Healthier, Smarter Kids & Parents



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DISCOVER THE BENEFITS OF BABY & CHILD MASSAGE When you use the touch and massage techniques in Hands-on Parenting, your son or daughter will receive these benefits and more:

- Superior physical advancements, including improved circulation and stronger mind-body connections
- A more positive body picture that will assist your kid accept his / her appearance and follow a lifelong dedication to well-being
- Exceptional sociable abilities, including heightened self-confidence and increased ability to be in touch with and communicate emotions
- A lasting family bond that results in greater conversation and openness between parent and kid

With well-documented results like these, it's no wonder massage is called "the magic contact. Hands-on Parenting offers a step-by-step system for sharing the energy of touch together with your kids, giving the best possible advantage for growth and success." Research shows children who are massaged young will experience an abundance of physical, intellectual, and emotional benefits.



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Even Babies Have Tension! This book asks us to appear differently at how babies and children feel and hold tension. Ida Rolf) and from a clinician who offers experienced and documented, first-hand, the advantages of massage for children. As a child grows, these patterns can take hold in your body. This book clearly explains (and demonstrates) easy ways for parents to massage young children in just a few minutes per day. The methods help release tension, calm emotions, and provide mental and physical benefits that will last a lifetime. As parents, we invest mightily to good nutrition, improved parenting methods, tutors, schools plus much more. Massage and physical touch is an region many parents stay blind to in terms of well-being. This book lighting the way. At the same time when negative contact dominates the news, studying safe, positive touch, especially for our kids, is more essential than ever. Highly recommended! . This book gives a terrific introduction to infant and child therapeutic massage from a sophisticated Certified Rolf Practitioner, (the author studied and worked carefully with Dr. Stress is part of lifestyle, and although we might think newborns come into the world "stress-free," research and knowledge shows they experience the same stress reactions we associate with adults, such as tightening of the muscle groups, and patterns of keeping and gripping. been rolfed as a grown-up and the email address details are amazing, the results for a baby would be even . The techniques and methods of massaging, in addition to benefits of each type of therapeutic massage are explained in an easy to understand way which makes learning easy... The reserve is structured so that, by following the therapeutic massage routine in sequence, parents can support and enhance their babies' unwinding and rebalancing process, both between Structural Integration classes and in the months pursuing. As a Structural Integration practitioner, I am recommending it or giving it to parents of my smallest clients. Excellent book, both for infants in general and for those who are going through Rolfing/Structural Integration, or did so recently. It works! Hands-On Parenting, a Must Have Book for Parents Robert has written a great how-to guide for helping parents prepare their children to be their finest emotionally, mentally, and physically.! My dear friend Robert, We request a book signing ... A very enjoyable read! You have done it once again. Another well written, impactful publication that may empower and enrich various other's lives. Many thanks for the task you do and your commitment to humanity. Sage wisdom & step-by-step direction We especially enjoyed the writer's Ideas for Parents, for expanding the kid's curiosity, vocabulary, and both physical and emotional stability. Rare and loving book This is a beautiful, unique book filled with invaluable information. I anticipate giving it to new parents over and over. From this content of the reserve to the testimonials of Robert's clients, I am convinced that Robert is an professional and I am amazed by the effects and outcomes of his work... Recommended!. Having written and copy-edited a number of books myself I can recognize and appreciate an excellent job when it's done and your time and effort that proceeded to go into your publication. I have already been rolfed as an adult and the email address details are amazing, the results for a baby would be even more amazing. Five Stars well crafted and interesting book. Great book It is a great book. Of program, I think, the best good thing about putting this reserve into practice is the time with your kids and the strong, loving relationship it fosters. The step by step procedure you outline for aiding children required great detail on paper and you achieved it extremely well.. A well-written, detailed, excellent read in one of the foremost specialists in the field. This book was excellent and Robert is very passionate about his work This book was excellent and Robert is very passionate about his work.! I'll be honest it is challenging to dedicate a chunk of period - but just a few minutes are had a need to see relaxing outcomes. Robert has a smart way of conveying the structure and function of

massage and parenting in extremely relatable terms. My dear friend Robert, I request a book signing! A must-read! I very much liked a few of the insights in your philosophy of living, your distinction between reacting and responding, your reference to the Roling a Downs syndrome kid who eventually graduated from college, as well as your story about Emperor Frederick II. Convinced!! Excellent book, both for infants generally and for . The "Suggestions for Parents" through the book are insightful and also educational. Not only is it about massage, with elaborate and detailed steps, it really is a philosophy of living, with overall factors about living carefully and fully. Connect to your child As a Pilates/MindBody teacher, an excellent understanding of your body and fascia is crucial. I appreciated reading the book and will apply his techniques to my own family members! I've used the techniques in this book and my child responds quickly to touch.



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