

# calm mama happy baby

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

From  
Chaos to  
Calm  
in  
Seconds

Debra O'Neil, MD, and  
Jennifer Waldburger, MD  
Coauthors of *The Sleep-Deprived Mother*



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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" This book shows mothers how to prevent passing along habits of stress and negativity, placing their children up once and for all health, optimal learning, and better rest. Calm Mama, Happy Baby provides mothers practical equipment for choosing calm over stress regardless of what is happening. These techniques have already been a lifesaver for me." Tiffani Thiessen, actress

"A remarkable look at how we are neurologically 'programmed' to think, feel, and act like our parents. As a mother, I've absolutely found a connection between my tension or relaxed and my daughter's feeling and behavior. Defuse any parenting situation, from feeding complications and rest disruptions to separation anxiety, fussiness, and colic

Anjalee Warriar Galion, MD, Children's Hospital Orange County

With constant feedings, teary outbursts, and trying to help your baby sleep during the night, it's no wonder that parents of babies and young children feel overwhelmed. Yet eye-opening neuroscientific research demonstrates your stress directly affects your son or daughter's mood, behavior, and wellness. and the complete household thrives. For any mom who's ever stated, " Drawing on their experience in nearly two decades of dealing with parents in Hollywood and around the world, Derek O'Neill and Jennifer Waldburger give parents useful tools for choosing relaxed over stress no matter what is happening with their child. Calm Mama, Happy Baby presents a step-by-step strategy for assisting you parent intuitively, with confidence. I wish my baby was included with instructions,"

Uncover the negative habits that cause stress and zap your energy Discover ways to understand your baby's communication on every levels "

Explore why becoming a parent brings up unresolved fears and insecurities and how to put them to rest. When mama is content, your child is happy, as well The glad tidings are that calm mamas have calmer, happier babies who usually feed and sleep better, too.



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Useful tools for calming stress and understanding why it will come in the first place. This book has everything regarding understanding our own emotions and how they effect our relationships as a mother with ourselves, our babies, our partners, and our families. Five Stars In great shape.. best book ever Eye opening... Highly recommend especially to new mums as a shortcut to getting the best mum you could be! I have read several parenting books which is the best. Gives a great background, in that case follows up with request Not all just how through it, but very insightful. This is a book with timeless assistance that I'll reference for a long time to come. Five Stars Wonderfully written, full of very good and ideas and helpful reminders approximately being present and attuned. which is funny because I'm a pretty spiritually inclined person Some value to the reserve, but too woo woo for me, which is funny because I'm a fairly spiritually inclined person. It discusses how to calm stress through a number of techniques like breathing, tuning into our anatomies to feel the sensations of feelings without judgement, focusing on how we are reacting to situations from our own experiences in childhood, and how the following three adverse "mama mantras" can make more stress and how exactly to rethink them with compassion for ourselves and others: 1) "I'm carrying it out wrong" 2) "You're doing it wrong" 3) "Points Went Wrong during the past or Will FAIL in the Future. Thank you! Great Gift This book is insightful and puts your brain at ease. Filled with Practical Advice This book is easy to read and navigate. Although some of it seemed familiar the clearness and simplicity of how it really is presented designed I actually stated utilizing the techniques a lot more often with great results! I really believe it can be useful not only for Mothers, but Fathers, Grandparents, Aunts and Uncles would benefit from reading it too! Gives a great background, after that follows up with request. amazing This is actually the first review I have ever written, but this book was so good I feel obligated to write one! That is a must-have for all new moms. It has really helped. This book has given me not only useful tools as a parent but to use in my own ." Anytime I pick up this book amid feeling tension as a mother, I find the assistance I need to work through it with supportive understanding.. It's great to dip in on a bad day and discover a term of wisdom or reminder to keep positive and connected. Finding that CALM as an everyday tool has generated positive change. Nearly every page includes a tip, practical tips or reassuring guidance! I now use this in my own parenting classes and the response provides been really positive with mums saying how they forgot to recognise they are carrying out their finest and its ok! This book has given me not just useful tools as a parent but to use in my own everyday life. I am buying this for each and every new parent.



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