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Your Baby Manual . . . : For Optimal Sleep, Feeding and Growth in Babies and Children

Dr. Brian Symon

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Parenting is an experience that can be joyous, rewarding, and deeply fulfilling. Caring for a newborn or toddler can surpass any other experience in life; it can be intense and raise powerful emotions that parents will remember forever.

Parenting is also complex--especially the beginning of the journey. There are challenges and busy times ahead. Dr. Symon's book is the complete baby manual for optimal sleep, feeding, growth and behaviour in babies and children. Its detailed and instructional chapters provide guidance and assurance for parents, and step-by-step advice by which to avoid or resolve sleep, feeding, growth, and behaviour issues in babies and children. It also provides information on the health of the mother and the entire family unit.

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