



Baby Massage: The Calming Power of Touch

Alan Heath, Nicki Bainbridge

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Baby Massage offers parents and caretakers safe and easy-to-learn massage techniques that reinforce bonding and all-around wellbeing. Step-by-step pictures show simple methods to soothe fretful babies, help them to get to sleep, and ease the pain of common ailments such as colic, and teething. Massage has been proven to enhance babies' and toddlers' brain development, encouraging brighter, happier children--and this beautifully illustrated guide makes it abundantly clear how easy it is to learn how.



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