

There is nothing more soothing than Dad's deep voice and big strong arms! I am usually frazzled by 7 in the evening and my husband offers to put her to sleep - it takes him minutes to settle her where I might battle for half an hour or more.

Janet, mother of Gemma, age 7 months

SOUNDS | 41



I have found that Leah is most relaxed in her bath, the warm water surrounding her seems to make her feel safe and secure (and probably reminds her of the womb and her water birth) If the water alone doesn't help, place a face cloth over baby's tummy and scoop water over it to keep it warm.

Nicole, mother of Leah, age 6 weeks

If you have a baby who does not particularly like bathing or seems to be upset initially when putting them in the water, take a towelling nappy and wrap them up before beginning the bath, in the same way that you would swaddle them. Once they are settled, lower them into the water slowly, still wrapped in the nappy so they feel secure and the experience does not seem as overwhelming as before. Once they have been in the water for a while and seem to be more content, you can slowly unwrap the nappy and remove when ready.

Karen, expectant mother

TOUCH | 7

Mothers hold their children's hands for a short while, but their hearts forever.

[Unknown]



"A Mother's sense of calm is truly inspiring - a testament to the life-enhancing wisdom of mothers. Beautifully poetic and poignant, everyone who is touched by this book will be moved and encouraged."

Clare Huisamen
Editor, Your Baby Magazine

There is nothing as gratifying as a content drowsy baby drifting off to peaceful sleep. Equally, nothing is as disconcerting as a crying baby. When it comes to soothing troubled infants, Mums know best.

Baby Sense brings you *A mother's sense of calm*: tried and tested solutions for soothing fractious babies.

Through the eyes of Pippa Hetherington's lens, we see African mums and dads soothing their little ones.

with thanks **baby**

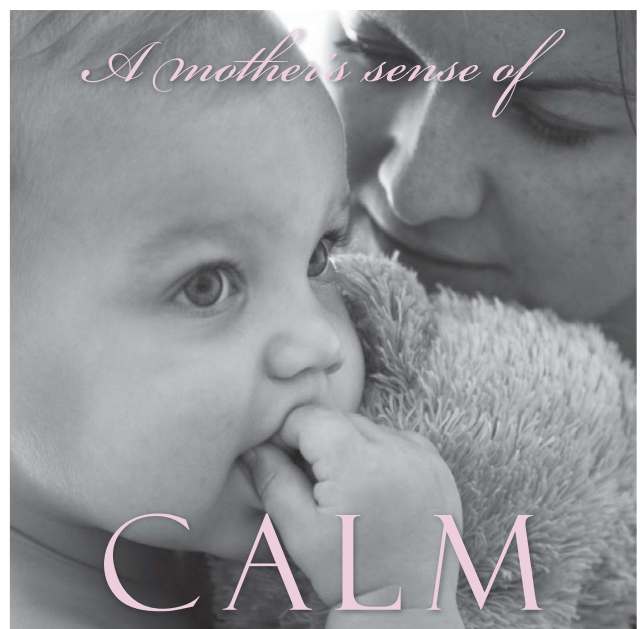
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A mother's sense of CALM

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