

Nourishing Traditions of Baby and Child Care

The Nourishing Traditions of Baby and Child Care is a comprehensive guide to natural, traditional parenting. It covers everything from pregnancy and childbirth to breastfeeding, nutrition, and common childhood illnesses.



The Nourishing Traditions Book of Baby & Child Care

by Sally Fallon Morell

★★★★☆ 4.7 out of 5

Language : English
File size : 2705 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 805 pages



Pregnancy and Childbirth

The book begins with a discussion of pregnancy and childbirth. The author provides information on natural childbirth, including the benefits and risks. She also discusses the importance of a healthy diet and lifestyle during pregnancy.

Breastfeeding

Breastfeeding is one of the most important aspects of natural parenting. The book provides detailed information on how to breastfeed successfully, including how to latch on, how to increase milk production, and how to deal with common breastfeeding problems.

Nutrition

Nutrition is essential for the health of both babies and children. The book provides information on how to feed your baby and child a healthy diet, including what foods to avoid and what foods to encourage.

Common Childhood Illnesses

All children get sick from time to time. The book provides information on how to treat common childhood illnesses naturally, including colds, flu, ear infections, and diarrhea.

The Nourishing Traditions of Baby and Child Care is a valuable resource for parents who want to raise their children naturally. The book provides comprehensive information on all aspects of baby and child care, from pregnancy and childbirth to breastfeeding, nutrition, and common childhood illnesses.



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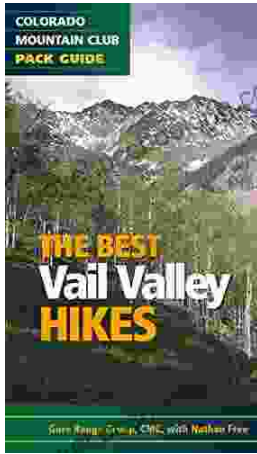
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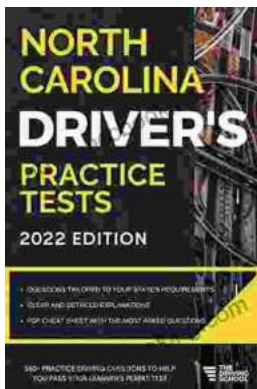
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