



Massaging Your Baby: The Joy of Touch Time (Paperback)

By Elaine Fogel Schneider

Square One Publishers, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. The power of touch is real and has been scientifically shown to have remarkable effects. For infants, it encourages relaxation; improves sleep patterns; reduces discomfort from teething, colic, and gas; strengthens digestive systems; and so much more. For parents, it nurtures bonding, increases communication, promotes parenting skills, and actually reduces stress levels. In *Massaging Your Baby*, massage expert Dr. Elaine Fogel Schneider begins by explaining how and why massage is so beneficial. She then provides an easy-to-follow step-by-step guide to effective massage techniques.



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