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Calm Mama, Happy Baby: The Simple, Intuitive Way to Tame...

Calm Mama, Happy Baby is well-written and full of

encouraging, useful, practical advice on

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how to transmit calm, reassuring energy to your baby. I fall into the generally-calm-mom-with-rough-moments category, and I absolutely find myself referring to the CALM technique during the tough times.

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my daughter's mood and behavior. Calm Mama, Happy Baby gives moms practical tools for choosing calm over stress no matter what is happening. These techniques have been a lifesaver for me."Tiffani Thiessen, actress

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Derek O'Neill Chp
(psychotherapist,
motivational speaker,
and energy healer)

and Jennifer

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(psychotherapist,
baby sleep specialist)
discuss parenting
intuition, the sacred
space of the family
home, and how your
energy is your child's
energy. Kids are
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