



# **Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby**

*Helen Moon*

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## **Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby**

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**From baby nurse to the stars, Helen Moon, a step-by-step plan to managing sleep and feeding issues to survive--and enjoy--the first six weeks of your newborn baby's life.**

Have you ever wondered why celebrities look so rested in such a short time after giving birth? The answer: baby specialists like Helen Moon. A baby specialist and professional nanny for the past 25 years, Helen has worked closely with hundreds of families, including some of Hollywood's biggest stars.

Helen knows that the first six weeks of a baby's life--when parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention--has a huge impact on the entire family. Getting a baby on a sleeping and eating schedule is an achievable dream, and it's not a mystery. Helen's step-by-step plan shows new parents exactly how to integrate their baby into the family so that she will be able to sleep when she's tired, eat when she's hungry, and calm herself when she's fussy--self-regulating skills that will enable her to thrive for the rest of her life.

Assured that their babies are secure and happy, parents can confidently enjoy this most precious time of their baby's life, trusting their own instincts, and--most importantly--sleeping through the night themselves!

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