



Better Sleep Habits For Baby:: Breastfeeding & Baby Care , The First Two Years

Hanifa K. Cook

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Are you anxious about caring for your baby in the first two years?

Have you had trouble sleeping at night because your baby keeps waking up for milk and attention?

Would you like to know how to create a routine during the first two years of motherhood?

This book is written from a first person experience about motherhood in the first two years. It is intended to share the experience so you may use the knowledge as tips or background knowledge.

Breastfeeding a child is one of the most memorable experience. It provides a great bonding experience between the mother and baby. However, it is not always easy to set a routine when you are breastfeeding because it is given demand. It was therefore nerve wrecking when you need to sleep in separate rooms at bedtime. She recounted how she created a routine to help her and her baby have the time to sleep longer and more peacefully as a result of adapting to a set routine, following advice from her more experienced mothers in the family and most of all, keeping faith that the first two years would fly by very quickly.

This is a book describes child care based on an Asian mother's experience. You will find this book very refreshing. Even if you are not breastfeeding , you will also find simple tips to handle those tricky baby care routine especially with nail clipping and organising a routine. Be ready to learn of a surprising new fact about how easy nail clipping can be. And how by staying calm and in control, the first two years, will pave the way for better childhood development and journey.

Go ahead and have a look inside, and download a copy for 2016. Happy New Year!

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