



A Child is Born: A Natural Guide to Pregnancy, Birth and Early Childhood (Paperback)

By Wilhelm Zur Linden M.D.

Rudolf Steiner Press, United Kingdom, 2004. Paperback. Book Condition: New. Updated and REV ed.. 214 x 138 mm. Language: English . Brand New Book. Today's prospective parents are confronted by a huge selection of guidebooks on pregnancy, birth, and early childhood, and many of them offer sensible advice and sound information that can help mothers and fathers. Nonetheless, Dr. Zur Linden's long-established natural care book offers an important additional dimension. In clear, accessible language, he explains what newborn babies and small children need to harmoniously develop the full potential of body, soul, and spirit. Based on a broad perspective, he offers many practical suggestions. Beginning with the growing embryo during pregnancy, the author guides the reader through the birth; the postnatal period and breastfeeding; care of newborn babies; meals for babies; and caring for children when they are sick. He includes useful sections on bottle-feeding, almond milk, and water quality. This new edition has been expanded to include matters of contraception, drugs, a father's presence during birthing, thumb sucking, sleep, crib death, overheating, and more. Dr. Zur Linden's commentary on these issues is the fruit of a lifetime of experience as a pediatrician and general practitioner....

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