



Calm Mama, Happy Baby: The Simple, Intuitive Way to Tame Tears, Improve Sleep, and Help Your Family Thrive

Derek CHP, Jennifer Waldburger

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As a mom, I have absolutely found a connection between my stress or calm and 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**

"A fascinating look at how we are neurologically 'programmed' to think, feel, and act like our parents. This book shows moms how to avoid passing along habits of stress and negativity, setting their children up for good health, optimal learning, and better sleep." **Anjalee Warriar Galion, MD, Children's Hospital Orange County**

With constant feedings, teary outbursts, and trying to help your baby sleep through the night, it's no wonder that parents of babies and young children feel overwhelmed. Yet eye-opening neuroscientific research shows that your stress directly affects your child's mood, behavior, and health. The good news is that calm mamas have calmer, happier babies who usually feed and sleep better, too.

Drawing on their experience in nearly two decades of working with parents in Hollywood and around the globe, Derek O'Neill and Jennifer Waldburger give parents practical tools for choosing calm over stress no matter what is happening with their child. For any mom who's ever said, "I wish my baby came with instructions," *Calm Mama, Happy Baby* offers a step-by-step approach for helping you parent intuitively, with confidence.

- Discover the negative habits that cause stress and zap your energy
- Learn how to understand your baby's communication on all levels
- Defuse any parenting situation, from feeding problems and sleep disruptions to separation anxiety, fussiness, and colic
- Explore why becoming a parent brings up unresolved fears and insecurities?and how to put them to rest.

When mama is happy, your child is happy, too?and the entire household thrives.

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