



Baby Shiatsu: Gentle Touch to Help Your Baby Thrive

By Karin Kalbantner-Wernicke, Tina Haase, Sabine Stempfle, Steffen Fischer, Monika Werneke

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Baby Shiatsu: Gentle Touch to Help Your Baby Thrive, Karin Kalbantner-Wernicke, Tina Haase, Sabine Stempfle, Steffen Fischer, Monika Werneke, Babies feel intuitively what scientists have needed painstaking research to establish: being touched and caressed is good for you. It makes you clever and cheerful, strengthens the parent-child bond, and lays the foundation for a healthy life. With baby shiatsu you can support your child's development. The gentle pressure-point massage meets the needs of tiny babies. This book shows you the various shiatsu techniques step by step. The first year of life is divided into four sections: * one to three months * four to six months * seven to nine months * ten to twelve months There are also specific techniques to help with health problems, which can, for example, soothe tummy ache and counteract difficulty in sleeping. And there's more: * Creating a state of calm * Easing wind * Calming the stomach * Breathing freely * For a good sleep * Strengthening the immune system.



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