



Your Cherished Baby

By Howard Chilton

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Your Cherished Baby By Howard Chilton

The way we nurture our babies, from their earliest moments, has a lifelong effect on their health and happiness. What many of us have known instinctively is now a matter of science. Study after study proves that how we hold, feed, play with and settle our babies is a major factor in their long-term wellbeing. Dr Howard Chilton has been a neonatologist (a babies' physician) for over thirty years. He has seen numerous baby-care fads come and go, but has always held to the philosophy now proved by science: you can't give your baby too much love.

In *Your Cherished Baby*, Dr Chilton introduces mothers to a complete approach for settling, feeding and engaging their 0-2 infants. He explains the neurological processes of both baby and mother in this early bonding period. He debunks the myth of baby routines, provides a compelling explanation for colic and excessive crying, and argues for the introduction of varied foods to aid the development of a child's palette and to guard against obesity later in life.

Most prevalent to many a sleep-deprived parent, Dr Chilton presents a practical alternative to controlled crying, a currently popular sleep settling technique that he regards as inhumane. Accessible, compassionate and occasionally controversial, *Your Cherished Baby* is the essential guide to giving babies the best possible start in life.

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