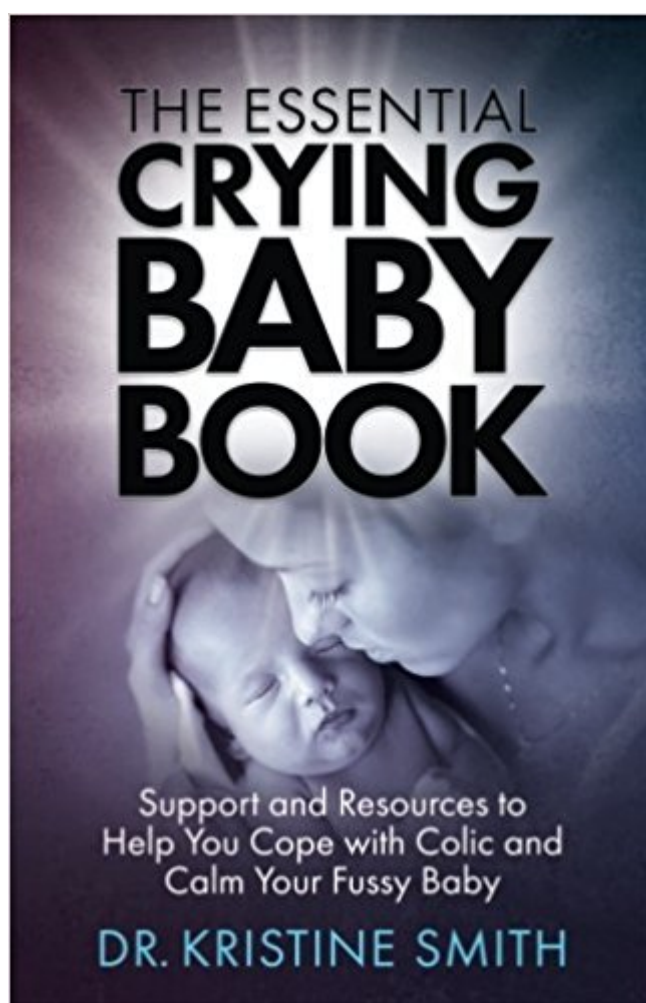


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The Essential Crying Baby Book: Support And Resources To Help You Cope With Colic And Calm Your Fussy Baby



Synopsis

Isn't the arrival of your long-awaited newborn supposed to be one of the most exciting times in your life? But what happens when your new baby just won't stop crying? Having an extremely fussy baby has been shown to not only damage a new mother's confidence to parent, but can also lead to maternal depression and/or have dramatic impacts on the mother-child bond long after the crying is over! Well help is here. Written by a research scientist and mother who suffered through her own baby's colic, 'The Essential Crying Baby Book' empathizes with the struggle, raw emotion, and post-traumatic recovery faced by parents of colic, while also providing: * Valuable information on the causes and treatments for excessive fussiness and crying. * Essential tools and guidance (minus the false promises and blame), to help parents manage day by day. * Hope to besieged moms and dads through much-needed support and encouragement. * Insight for medical professionals and community members into the exhaustion, helplessness and despair these parents experience but feel too ashamed to communicate. If you or someone you know is currently or has recently struggled with a colicky or fussy baby, this book is an essential resource to survive and emerge from the crying ordeal bruised, but not broken, and to start enjoying the parenthood journey!

Book Information

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Customer Reviews

Dr. Kristine Smith is a scientific researcher, certified health and wellness coach, speaker and author, and mother of a previously colicky baby. Smith has authored works in many scientific journals (including the Journal of Pediatric Health Care) and books on human and animal health and well-being. She holds a degree in Biology, a veterinary medical degree, and is an expert in global

public health. Dr. Smith has worked on global health issues across Africa, Asia and the Americas, and has partnered with United Nations agencies such as the World Health Organization and the Food and Agriculture Organization, the World Bank, and US agencies such as the Centers for Disease Control and Prevention. Dr. Smith is currently a certified health and wellness coach and focuses on individual health and behavior choices that support overall well-being. Her focus lies in the areas of maternal mental health, parenting, healthy aging, and the human-animal-environmental bond/health connections. Kristine and her husband Jason had their first of two daughters in 2009, who suffered from severe colic for four months. Dr. Smith and her family currently live in Connecticut.

I remember with great pain how colicky my son was - for 6 very, very long and lonely months! There seemed no end in sight and no real solution other than fennel tea (old European remedy) and honestly, there were moments when I thought I would lose it. I wish I had had such a marvelous book as *The Essential Crying Baby Book*! It would have meant a great deal to me to learn more about this condition, to know that many parents feel the same way and face the same difficulties as I did. Thank you for such an honest and insightful account - it will hopefully help millions of new mothers to deal with their colicky babies. I will most certainly give it to every new parent.

I am exhausted just after reading this honest, emotional truthful story. I remember babysitting all night for my colicky niece after teaching all day and still remember how emotional and physically exhausting it was. This a thorough, well-rounded book of the needs of the child mother and spouse. The book was well researched and offered lots of guidance. Remember to reach out for help when as a parent you need it and to be one that offers assistance nonjudgmentally to others when your instinct says to offer it. Great job, Kristine.

This is a powerful book and one I wish I had when my children were babies. None had colic but it was still frustrating and difficult to know what was happening and how to handle any prolonged crying from my children and Kristine's book would have helped me parent at those times.

The Essential Crying Baby Book is an incredibly honest dialogue from a mother who experienced the worst of days; yet with unwavering determination and devotion, succeeded in dealing with her doubts, choices, and purpose. Looking forward to becoming a mother-a first-time mother is both frightening and thrilling to say the least. The intention of a future mom is to love like never before a

little person who was sharing a space within, so close to her heart. When the end of nine months finally arrives, euphoria takes over and makes the whole world a better place. Not in all cases. This honest conversation from the author of *The Essential Crying Baby Book* is well written, and most helpful to a mother, father, and entire family of a new life going through a very tumultuous time. Questions are answered by simply sharing remedies, emotional crisis and defining moments which lead to ultimate parental bliss.

As the mother of four children I have read many parenting books over the years, yet Dr. Kristine Smith's *The Essential Crying Baby Book* spoke to me in a very unique and wonderful way. No doubt, this book would have made a huge difference when parenting my third child who cried non-stop for the first 4 months of his life. Perhaps if this book had been on my bedside table, my husband and I would not have felt so alone and frustrated. More than anything, this book brings to light a parenting struggle that applies whether our children suffer from colic or any other difficult issue. Dr. Smith states, "The fact is that if we had the freedom to speak more openly and frankly about our challenges as parents, we would probably be a heck of a lot saner. Nothing ties us closer together as humans than our shared experiences, even if they are laden with feelings of frustration, guilt and shame." Too many parents struggle alone, when in fact sharing those struggles with others is the best thing we can do for ourselves and for our children. This is a must read for all new parents.

I bought this book for my niece who has a new son who seems upset almost all of his waking hours. I wish this book had been written when I had my children - my second child could not settle down the first few months after he was born. Kristine shows such compassion and insight in her book. I am so happy to share the book with others.

As a neonatal nurse, lactation consultant and also mother of an infant who definitely fit the bill of the 'crying baby' we should all thank Kristine Smith for talking out loud about the difficulties of having a colicky infant. It can be an excruciatingly lonesome and difficult time for a new mother, many of whom feel that we are somehow failing our newborn. Dr. Smith hits the point directly, we are not failing our children, we do not possess short-comings that prevent us from being loving, nurturing parents and what works for one may not work for everyone. Finally, asking for and accepting help is critical. We may not be able to fix the problem directly but the next best thing is to offer support to those in the throes of the woes. This book definitely helps open the door for the conversation.

I wish I had this book when my daughter was an infant. When you have a colicky baby, you feel like you are absolutely alone. This book not only offers comforting words of support but resources to help ease the struggle of your crying infant. I'd recommend this book to any new parent who is exhausted, exasperated, and feeling like this parenting gig is not cracked up to what they thought. Dr. Kristine Smith has been there, done that and come out stronger. It is going to be my new go-to baby shower gift. Because while having a newborn is so exciting and beautiful, new parents need to have resources to go to when they are feeling completely overwhelmed. Thanks to Dr. Kristine Smith, they do not have to feel ashamed of their frustration anymore.

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