



# **Baby Shiatsu: Gentle Touch to Help your Baby Thrive**

*Karin Kalbantner-Wernicke, Tina Haase, Sabine Stempfle*

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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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#### **Sean Ward:**

What is your hobby? Have you heard this question when you got college students? We believe that that problem was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. And you also know that little person including reading or as looking at become their hobby. You must know that reading is very important along with book as to be the thing. Book is important thing to provide you knowledge, except your own teacher or lecturer. You find good news or update concerning something by book. Many kinds of books that can you go onto be your object. One of them is niagra Baby Shiatsu: Gentle Touch to Help your Baby Thrive.

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