

Mp3 Dr. A. Mcgruder-johnson - Relaxation For Breastfeeding And Skin-to-skin Infant Care!

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Calming spoken word over soft music. This cd presents specialized guided relaxation, imagery and meditations to enhance the bonding experience. 4 MP3 Songs KIDS/FAMILY: Lullabies, SPOKEN WORD: With Music Details: THE PERFECT BABY SHOWER GIFT!!!! ABOUT THE CD A calm caregiver can inspire a calmer infant. Whether you breastfeed, bottlefeed or use a combination, infants benefit from the physical comfort they receive through holding. When you are relaxed, the comfort increases. This cd presents guided relaxation and imagery for breastfeeding and skin-to-skin infant care. It can be useful during breastfeeding, pumping, bottle-feeding or snuggling. It can help enhance the care you give during these early days, weeks, months, after weaning and throughout the toddler years. For additional information, check out naturalhealthsensations.com. ABOUT THE ARTIST Anita McGruder-Johnson, PhD is an Illinois Licensed Clinical Psychologist. Her areas of interest include interpersonal violence, health psychology, and media psychology. She is the founder of Healthy Sensations International Academic and Wellness Solutions and naturalhealthsensations.com. NEW RELEASES FROM HEALTHY SENSATIONS INTERNATIONAL: Relief of Relaxation Busy executives, college scholars, tweens, teens and parents can all learn to relax. In just minutes, control your stress for a healthier you! Sleepboost'r A good night's sleep is at your fingertips! This cd was designed to train young children to relax and prepare for sleep. Naptime or nighttime, SLEEPBOOST'R can be part of your child's sleeptime routine.

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