



# How to Parent for Health: From a Health Visitor's Perspective

*Ann Guindi*

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## How to Parent for Health: From a Health Visitor's Perspective Ann Guindi

Babies don't come with an instruction manual, that's why this book is for you. Are you tired of well meaning family and friends giving you conflicting information and advice about childcare?

This book will give you the knowledge to empower you to make up your own mind about how to parent your child. It is the complete guide to breast/bottle feeding, weaning, sleeping, immunisation, growth and development, behavioural issues and much more. PLUS two bonus chapters that will enrich your parenting experience.

As an added bonus it includes the tool used by the professionals to recognise Post Natal Depression, along with the ten most frequently asked questions of health visitors. It is a must read for all parents of children from birth to five years.

The author Ann has 30 years' experience of working with the under fives in both health and education. She is an expert in the field of child development and all aspects of children's health. She is also a mother to her own four children.



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