



# Keep Calm: The New Mum's Manual: Trust Yourself and Enjoy Your Baby

*Ellie Cannon*

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## **Keep Calm: The New Mum's Manual: Trust Yourself and Enjoy Your Baby** Ellie Cannon

*Keep Calm: The New Mum's Manual*, with an introduction by Jools Oliver, is the perfect antidote to inflexible, guilt-inducing parenting guides. Turning the tables on encyclopaedic tomes on parenthood and their often conflicting advice, GP and mum-of-two Dr Ellie will empower you to relax, trust your instincts and enjoy your new baby. Includes:

- \* Early days – looking after baby and listening to your instincts
- \* Sleeping – establishing a flexible routine that works
- \* Feeding – making the right, guilt-free choices
- \* Soothing – understanding crying and settling your baby
- \* Weaning – starting with a simple action plan for success
- \* Development – identifying key milestones and not worrying
- \* Health – recognising baby illnesses and when to call the doctor
- \* Vaccinations – understanding the facts and getting them without tears

This isn't a one-size-fits-all routine but a lighthearted, sensible guide that is full of essential advice to build your confidence and bring back mummy power.



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