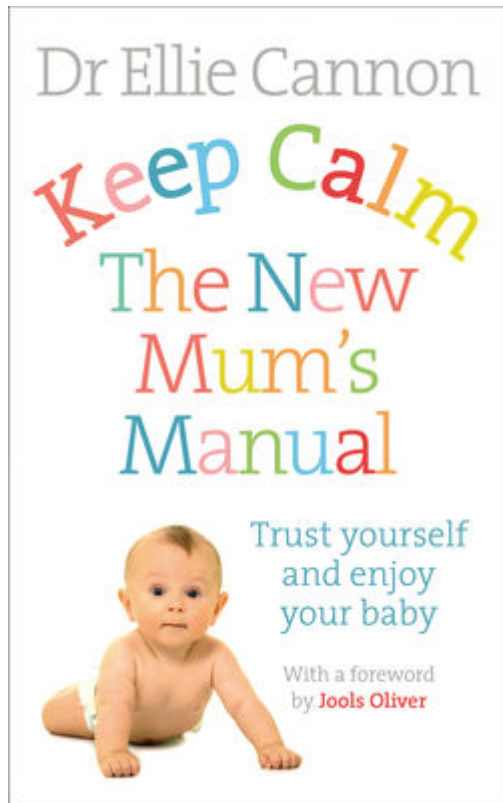


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Keep Calm: The New Mum's Manual, with an introduction by Jools Oliver, is the perfect antidote to inflexible, guilt-inducing parenting guides. Turning the tables on encyclopaedic tomes on parenthood and their often conflicting advice, GP and mum-of-two 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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