



Babybliss

Jo Ryan

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The must-have Australian guide to sleeping settling establishing routines for your baby 'As an accomplished businesswoman, I thought: how hard can this baby thing be? When my world turned upside down, I felt almost embarrassed asking for help. If only I had met Jo Ryan sooner. Not only did she help me have a happier baby but I also became a blissfully happy mum.' - Donna Hay Is your household suffering sleep deprivation? Are you feeling daunted by the prospect of becoming a new parent? Jo Ryan - paediatric nurse, nanny extraordinaire and considered by many as 'the Baby Whisperer' - has spent her life, reassuring and empowering new and stressed-out parents and soothing their young babies. In her much anticipated book, Babybliss, she gives you practical and gentle advice on your baby's: .sleeping patterns .feeding routines .crawling, walking and playing .personality and development and how YOU can become a confident parent. Jo also answers new parents' frequently asked questions, and shares tips and techniques on all issues relating to your baby's health and happiness, so you can create a better experience for your young family.

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