



# **Eat, Play, Sleep: The Essential Guide to Your Baby's First Three Months**

*Luiza DeSouza*



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From a caretaker of newborns who's had years of hands-on experience with celebrity clients, comes this practical and reassuring guide to the first three months with your new baby.

Are you a new or soon-to-be new mother? Are you caught between self-doubt and conflicting parenting advice coming at you from every direction? Are you unsure who to trust—your mother, sister, friends, or “the experts”? Luiza DeSouza is here to help you help yourself. Her best advice? Take your time, trust your maternal instincts, and choose a course that fits *your* needs—and your baby's personality.

For thirty years, Luiza has been helping new mothers navigate the skills, practices, and support it takes to start a family. For her, mothering is not about programs or techniques. Rather, it is about the connection between you and your new child. And for that reason, she believes that attitude is more important than approach. All mothers are different, but the three most important qualities remain the same for everyone: patience, openness, and attentiveness.

Can being patient, open, and attentive guarantee that your baby will be a good sleeper or easy to feed? Of course not! But no matter what challenges your newborn brings, these three key qualities will help you rise to meet them. Like having your very own baby nurse right at your side, *Eat, Play, Sleep* is an indispensable guide to a good start and a happy, healthy first three months.



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