



100 Ways to Calm the Crying

Pinky McKay

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100 Ways to Calm the Crying addresses the reasons babies cry, from the normal developmental changes that may make them more sensitive to painful conditions such as colic and reflux.

Along the way Pinky McKay offers gentle strategies to help you calm and connect with your baby, practical tips to help you cope with crying and sleepless nights, and ways to identify symptoms that may require professional help.

Pinky McKay writes for a number of publications internationally, including *Woman's Day*, *Essential Baby*, *The Natural Parent Magazine*, *My Child Magazine* and *Gentle Parenting.com*. She is an international board-certified lactation consultant, qualified infant massage instructor, and a regular guest speaker at maternity hospitals, where she teaches safe and gentle settling techniques to new parents.

Pinky is the author of *Toddler Tactics*, *Parenting by Heart* and *Sleeping Like a Baby*.

A note from the editor: Yet another gorgeous book from Pinky to soothe anxious parents (this was originally published by Lothian in 2002). The line 'listen to your baby; listen to your heart; trust the connection between you' sums up Pinky's empowering message. As with her other books, this is beautifully written, and the anecdotes from other parents are a major strength.

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