



Sister Lilian's Babycare Companion: Complimentary and traditional care

Lilian Paramor

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Sister Lilian is South Africa's loved and trusted babycare expert. In this updated edition of her highly acclaimed Babycare Companion, she equips new parents with facts and sensible advice on, what to expect in your baby's first year, learn to trust yourself as a parent, common concerns – from colic and childhood diseases to feeding and sleeping problems, how to establish a routine, breast- and bottle feeding and weaning, teething, toilet training, developmental milestones, discipline, first foods for babies and toddlers – and yummy meal ideas, health basics, including first aid and homeopathic remedies, travelling with children and tips for working parents.



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