## Seven Recommendations for You & Your Baby



by Lenore Grubinger, IDME & Sarah Buttenwieser

## Simple Body-Based Methods of Caring for Your Baby to Support Healthy Development

## This photo illustrated booklet is now available from the Amajoy Developmental Movement and Bodywork Center

**"Seven Recommendations for You and Your Baby"** offers fundamental care practices for infants in the first year of life. Based on over twenty years of experience practicing the principles of Body-Mind Centering<sup>®</sup> with children and families, it provides 24 pages of practical and accessible support for parents. Recommendations that reinforce healthy development of brain and body are applied to ordinary caretaking and play.

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