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by ModernMom Staff Helen Moon's "Cherish the First 6 Weeks" is the ultimate survival guide for all parents to follow after the birth of their child. After reading this book, I now have the confidence and key take-away points needed for my own first baby's precious first 6 weeks, as he is due in early August.

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Cherish the First Six Weeks A Plan That Creates Calm, Confident Parents and A Happy, Secure Baby (Book) : Moon, Helen : Random House, Inc. From baby nurse to the stars, a step-by-step plan to managing sleep and feeding issues to survive—and enjoy—the first six weeks of your newborn baby's life. Have you ever wondered why celebrities look so rested in such a short time after giving birth?

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About *Cherish the First Six Weeks*. From baby nurse to the stars, a step-by-step plan to managing sleep and feeding issues to survive—and enjoy—the first six weeks of your newborn baby's life. Have you ever wondered why celebrities look so rested in such a short time after giving birth? The answer: baby specialists like Helen Moon.

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There's nothing like getting involved in the first six weeks of a baby's life to understand the huge impact that this short time period has on both the entire family and a child's entire life. Parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention.

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Helen knows that the first six weeks of a baby's life—when parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention—has a huge impact on the entire family. Getting a baby on a sleeping and eating schedule is an achievable dream, and it's not a mystery. Helen's step-by-step plan shows new parents exactly how to integrate their baby into the family so that she will be able to sleep when she's tired, eat when she's hungry, and calm herself when ...

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