



# **The Art of Conscious Parenting: The Natural Way to Give Birth, Bond with, and Raise Healthy Children (Paperback) - Common**

*By (author) Dalit Fine By (author) Jeffrey L. Fine*

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The first days and months of life are critical, when physical contact and conscious interaction with your infant, for example eye contact, have an observable positive effect. The authors also introduce "green parenting" practices that are economically and environmentally sustainable.

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