

The Ultimate Scientific at Home Calming Technique for your Baby by Christian Bates

This simple technique is completed based on science. The main point I want you to understand is that how YOU feel will influence how your baby feels. The aim is to get you relaxed and calm to "pass" to your baby. Your heart beat and breathing will synch with your baby. So get yourself in the calm state you want your baby to be in.

0 1	CALM THE ROOM	Reduce lights, low level, NO TECH lighting (phones, tablets, tv etc)
0 2	NO PERFUME	Don't wear any artificial smell. Let your baby smell YOU. They calm from it.
0 3	CALM THE PARENT	Parent takes 6 - 10 deep belly breathes to active calmness in yourself to "pass" to baby.
0 4	SKIN TO SKIN	Have skin to skin contact with baby. It is scientifically proven to be calming too.
0 5	STROKE BABY	Slowly stroke your baby to activate calmness in them. Stroking activates love hormones and calms the nervous system



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