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HEALTH & WELLNESS



BORN TO BE BREASTFED

WITH
MARIE BIANCUZZO RN MS IBCLC



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Born to be Breastfed

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**December 4th 2017: Encore: Sleep Training:
The Good, The Bad, and The Ugly**

New parents often hear that they should let the baby "cry it out" lest they "spoil" the baby. Many parents take such advice to heart and try strategies like "crying it out," especially at naptime or bedtime. After all, the argument goes, how will the baby ever learn to settle himself? However, our understanding of brain development in infancy and toddlerhood shows the error in such thinking: Babies need loving and responsive positive caregiving for healthy development. If you've done "cry it out," you may worry that you've damaged your child. Take heart. There is hope. Join Marie as she talks

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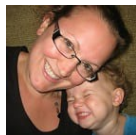
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Featured Guest



Tracy Cassels

Tracy Cassels is the founder and primary writer for Evolutionary Parenting. Tracy earned a Ph.D. in Developmental Psychology from the University of British Columbia, where she focused on evolutionary factors, children's behavior, and neurological development.

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