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Natural Parenting: A Practical Guide for Fathers and Mothers: Conception to Age 3

Peter Walker, Fiona Walker

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A step-by-step guide for both parents, laying the foundations of a loving relationship between the family, with practical advice, ideas and understanding. It aims to encourage the father's active participation and support throughout pregnancy, birth and early child-rearing and to be a guide to fitness and health before, during and after delivery for the mother. The book contains specially devised play-oriented exercises and massage programmes designed to fulfil a child's need for touch, movement and play. It also includes practical fitness routines for parents and guidelines on aspects of natural health and diet and there is a feature on teaching infants to swim in their first few months. Peter Walker is also the author of "Baby Relax", "Baby Gymnastics" and "Going for Gold" (with Daley Thompson). "Natural Parenting" was written with his wife.

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