



# How using this program will make you an even better parent

THE TOOLS AND TECHNIQUES in this book will show you how to start reaching out to your baby during pregnancy and get ready for a life together. You'll learn...

- » **Scientists are starting to gather information about things that women have suspected for a long time.** For centuries, women of many cultures have interacted with their unborn children. Although we'll never know what unborn babies "think" or "feel," it does appear that they notice more about their world than we used to think. Stay tuned!
  - » **Parenting starts while you're pregnant.** What you do now with your body and the one growing inside you prepares you for your role as a parent. Find out how pregnancy is the best time to prepare yourself, before the challenges of infant care.
  - » **The most important factor in parenting is love and the time to love.** Learn how to take quiet time, relax, and use music and tested techniques to send love to your unborn child.
- By using this book you will develop the ability:
- » **To be more confident and ready.** You'll hear stories from women who overcame their fears and found strength by focusing on getting to know their babies before birth.
  - » **To benefit you and your baby by practicing the art of relaxation.** You'll learn how a few minutes a day can actually reduce your stress hormones and help you have a healthier pregnancy. And it feels good!
  - » **To start reaching out now.** When baby is born – you'll feel like you've always known your child!