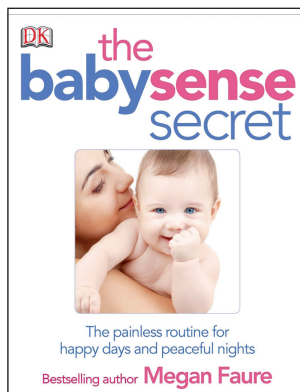


Problem solved

We take a look at three recently published books which help you through some very different life experiences you may be facing in 2011.

The Babysense Secret; The painless routine for happy days and peaceful nights by **Megan Faure**. £12.99, Dorling Kindersley



Baby experts can feel a bit like know-it-all maiden aunts or well meaning, learned academics, neither of whom have had to face the lonely 3am feed and the day ahead. It's so easy, when you try to implement their advice, to become slaves to your baby and end up an exhausted wreck or to take it to the other extreme (clinging to the idea that happy parents = happy baby) and wilfully impose a rigid, one-size-fits-all routine on your child. Yes, they will adapt, but at what price?

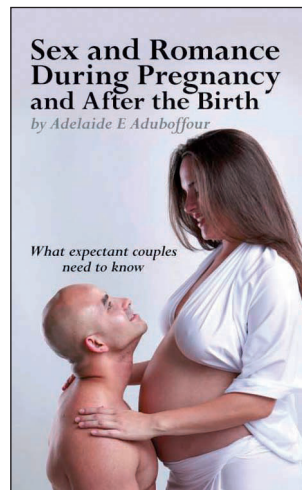
Megan Faure's book claims that parents and babies can all be happy with her baby-centric routine which shows parents how to 'read' the signals that their baby is giving them and respond according to the individual baby's personality. Her well researched approach introduces 'the painless routine for happy days and peaceful nights' and her TEAT (timing, environment, activities and toys) guidance at the end of each stage of development is full of age-appropriate ideas.

The author's aim is to enable new parents to understand their baby's signals and behaviour from a sensory experience, accepting that each parent and each baby brings to play their own personality types to the situation.

- * Would you differentiate between your newborn's over stimulated cry and his/her gassy cry?
- * If your 4 to 6 month old was sucking his/her hands would you realise that was a sign of fatigue?
- * And what about you – are you a serene mum, a slow-to-warm Mum or maybe a social butterfly Mum? Which of these categories does your baby fit into and how can you make your personality types work together?

This book is full of helpful tables and great photos of babies and babies and parents interacting. It's packed with really helpful information and Megan Faure gives any new parent masses of reassurance and confidence without ever feeling that she's being bossy or hasn't 'been there'!

Sex and Romance During Pregnancy and After the Birth: What expectant couples need to know by **Adelaide E. Aduboffour**, published by Author House at £12.95



So many blogs, books and articles offer expectant couples a wealth of information on pregnancy and childbirth, but so much time is spent devoted to adjusting to becoming parents that it's easy for pregnant couples to neglect the romantic and sexual aspects of their relationship. In her practical new guide, local midwife and mother Adelaide Aduboffour presents a resource on maintaining sexually fulfilling relationships through pregnancy and beyond.

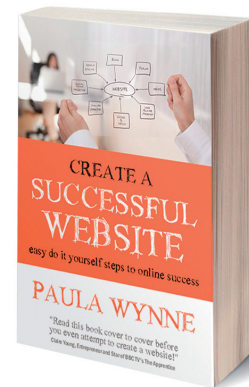
Adelaide outlines how to enjoy sex and intimacy during pregnancy, different positions to try as the baby bump grows, alternatives to penetrative sex and how to resume sex after childbirth. A comprehensive discussion of the myths and cultural beliefs surrounding pregnancy and birth gives new perspective and context to the rest of the book, and a glossary is included, along with a list of available resources and related organisations.

After all, a healthy sex life is an essential part of successful relationships and helps to strengthen the bond between couples. Raising a family can be a stressful endeavour, but committed partners will navigate the exciting journey together.

extra

Adelaide Aduboffour is an advanced midwifery practitioner at West Middlesex University hospital London and is dedicated to promoting sexual health and wellbeing during and after childbirth. She told us, 'As a midwife, wife and a mother, I believe in not only promoting the physical well-being of families, but also the emotional and psychological well-being in which sex, love and affection play a major role'. This book is available from www.sexandromanceduringpregnancy.com and other retailers

Create a Successful Website: Easy do it yourself steps to online success by **Paula Wynne**, published by Lean Marketing Press at £15.



There are so many reasons why you might be thinking about setting up a website this year – maybe you are a parent and toddler group, an avid knitter who wants to sell stuff online or a budding entrepreneur wanting to set up a home business? After all, a website is pretty much essential for any group, business or public individual. How sophisticated you want it to be is entirely up to you but you have to start somewhere. Whether you want to have a go at getting something up yourself or aim to employ a designer to set up a bespoke website, this book will be a fantastic resource.

Create a Successful Website, makes it easy for anyone to learn how to build a web presence, what pitfalls to watch out for and explains what to do in easy visual steps with plenty of illustrations and checklists. It covers everything from research and planning, branding, navigation, free and hosted website packages, ecommerce, adding content and revenue earning options, to the final preparations for going live.

Author Paula Wynne has quizzed a group of top-notch business people about their experiences and the book is full of advice and lessons learnt by the owners of successful websites who were beginners just like us not too long ago. Her personal philosophy, motivation and one of her best nuggets to readers comes at the end of the book; 'Give it freely because the more nectar you share, the more they'll come back for more. By this I mean, communicate your experiences, your generosity, your personality and talents.'

Paula's style is accessible, cheerful and no-nonsense. As Fiona Wright from Woman and Home says. 'It feels like you've got a friendly, clever, we-savvy mate just chatting you through the techy, hard bits of setting up a website and creating an online business'.

For more about the author, check www.paulawynne.com