



# **Your Baby's Cry For Help: Understanding and helping babies who cry excessively**

*Peter Zealley*

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# Your Baby's Cry For Help: Understanding and helping babies who cry excessively

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## **Your Baby's Cry For Help: Understanding and helping babies who cry excessively** Peter Zealley

This book is about unsettled babies. If you are a mother, or parent, and your baby cries excessively, inconsolably, or screams, and no one understands why, yet you instinctively know that something must be upsetting him or her, then this book is for you. By reading this book, you will understand how your baby and his/her body have responded to the strain, stress or trauma of their birth, or post-natal period, and how the effects of these experiences may be causing many of their present symptoms and behaviours, including excessive crying and screaming. You will also gain deeper insight into your child and sufficient understanding of the theory and practice of craniosacral therapy and cranial osteopathy to enable you to decide if trying either of these two similar treatment approaches is the best way to help your baby settle.

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