



Advance Information

The Natural Baby

A holistic guide to pregnancy, birth and beyond

Samantha Quinn and Holly Daffurn

Keynote

A comprehensive, no-nonsense book to a holistic conception, pregnancy and birth.

Description

The Natural Baby is a one-of-a-kind fully comprehensive guide to natural parenting, taking the reader on a week-by-week journey that starts from preconception, continues through a healthy holistic pregnancy right up to the first year with your child. Combining anatomical knowledge with complementary therapies this book includes essential information for a natural pregnancy and birth, recipes for homemade skincare products and natural remedies, nutritional guidance and exercise regimes.

The authors are committed to empowering women through their pregnancy and birthing journey and the book is written in a sensitive and nurturing way that encourages women and makes them feel supported. Each chapter of the book also contains a special section for the Natural Dad which explores the father's needs, how they can care for their partner and the baby and also look at ways to bond with their child.

Personal insights make this book easy to relate to as it covers everything from increasing chances of conception, through to caring for a new mother's post-natal welfare.

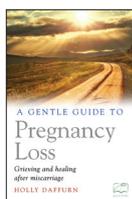
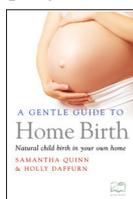
Audience

Perfect for anyone looking to start a family naturally:

- *The Natural Pregnancy Book*, Aviva Romm
- *The Hypnobirthing Book*, Katherine Graves
- *Calm Parents, Happy Kids*, Laura Markham
- *Calm, Settle and Sleep*, Samantha Quinn

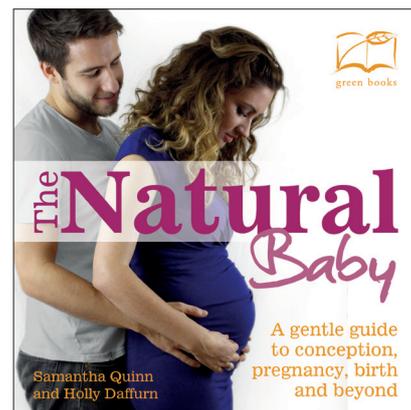
Sales and Marketing Highlights

- a sensible, friendly approach to natural parenting
- a foreword written by Melissa Corkhill, editor of *The Green Parent* magazine
- the authors write regularly for *The Green Parent* magazine and *The Ecologist*
- the authors are running an award-winning business, which will publicize the book
- the authors' youtube channel has a baby bedtime massage video with 60 000 views.
- articles and reviews will appear in *Emma's Diary*, *Mother and Baby*, and *Juno*
- the book is our lead title for Spring 2017, so it will have all our advertising focus
- the ebook series 'A Gentle Guide to...' , which will launch in January, is designed to accompany the book



The Authors:

Samantha Quinn is a fully trained holistic therapist and award-winning reflexologist who has specialized in natural pregnancy and baby care since 2004. Holly Daffurn is a professional writer, and runs a successful massage therapy and complementary healthcare business specialising in pregnancy yoga, massage and active birth. Their business, *Mumma Love Organics*, is based in West Sussex.



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