

Hello All!

It has been far too long since I've been in touch. Just wanted to drop a note and say thank you to Dr. Fred, Linda and everyone else for all the work they've done with Prenatal Parenting. I took the certification course in Feb, 2003. I became pregnant a few months afterwards and practiced the PP techniques religiously. The CD was great to listen to. Although there were a few stresses going on in my life at the time (My dad has Parkinson's disease; he and my mom stayed with us over half the time I was pregnant so that I could help care for them. I also had severe nausea for 5 months straight), I managed to relax and keep a positive outlook the majority of the time in anticipation of my baby on the way.

The end result is that I now have the happiest baby with the best temperament I could ever have even imagined or hoped for! He is a little over 7 months old and he's a complete joy to have around; not only for us as parents, but for others everywhere we go. People are always complimenting us for having "such a well behaved baby who is always smiling and never cries". He sleeps through the night (12 hours a day plus naps!), is easily entertained (by others and himself) and he's a healthy eater who loves every kind of food we've given him. One of the biggest bonuses is that he was born in the height of flu season but has kept his health and wonderful temperament ever since, even though people around him have had several rounds of colds and feeling under the weather. He has never gone through stranger anxiety. He smiles at everyone and stays happy when unfamiliar people hold him.

All in all, my husband and I have the highest opinion of Prenatal Parenting and we speak highly of Dr. Fred and Linda and spread the word often, using our healthy, happy son, Joshua as the perfect example of being the product of implementing PP techniques before and throughout pregnancy!

Thank you again to Dr. Fred, Linda and the entire Prenatal Parenting bunch!!!

All the best and love,  
~Nora

PS Having a peaceful, happy, healthy baby also makes for equally peaceful, happy, healthy parents -- what a wonderful cycle!