



# Babysense Secret: The Painless Routine for Happy Days and Peaceful Nights

By Megan Faure

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## **Babysense Secret: The Painless Routine for Happy Days and Peaceful Nights**

By Megan Faure

This title offers a gentle routine for your baby, trusted by thousands of mums, from the bestselling author Megan Faure. Some of the most common parental concerns in baby's first year are things like: why is baby crying, how do I get baby to sleep well? and, how do I make time for myself? The answers to these questions and more, lie in a baby's sensory world. "The Babysense Secret" is based on the simple idea, that by observing your baby, you can determine when he wants to sleep, feed, or interact with you and thereby establish a routine structured around your baby's needs. This routine will lay the groundwork for a calm and contented first year, ensuring positive early sensory experiences leading to a happier childhood. Special features provide information and top tips on popular parenting subjects, such as baby massage, colic remedies and caring for premature babies. So for a happier, and more contented child, create a routine based around your baby.

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## **Babysense Secret: The Painless Routine for Happy Days and Peaceful Nights By Megan Faure Bibliography**

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### **Editorial Review**

#### **About the Author**

Megan Faure (BSc OT, OTR) is a lecturer for Institute for Sensory Integration (SAISI) and regularly lectures to both professionals and parents on baby and childcare issues. Megan is the founder and chairperson of Infant Sensory Integration Training programme. She writes articles for magazines and has made numerous television appearances in South Africa. She is married with three children.

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