



# The Nourishing Traditions Book of Baby & Child Care

*Sally Fallon Morell, Thomas S. Cowan*

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The Nourishing Traditions Book of Baby & Child Care makes the principles of traditional nutrition available to modern parents. The book provides holistic advice for pregnancy and newborn interventions, vaccinations, breastfeeding and child development, as well as a compendium of natural treatments for childhood illnesses, from autism to whooping cough. The work of Rudulf Steiner supports the book's emphasis on the child's spiritual requirement for imaginative play.

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