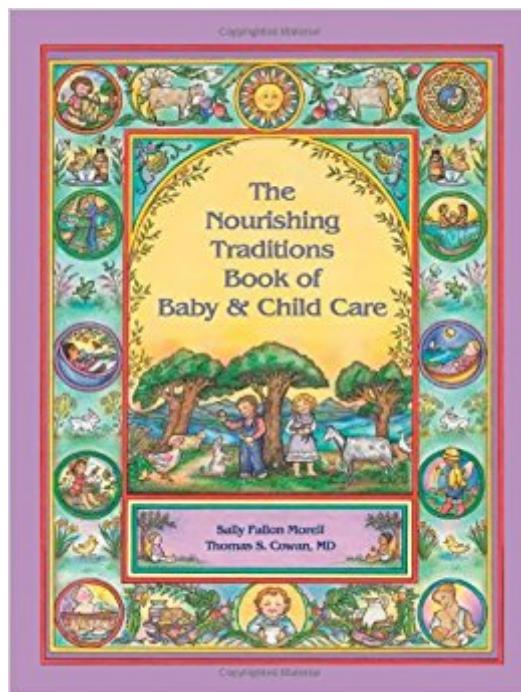


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# The Nourishing Traditions Book Of Baby & Child Care



## Synopsis

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 Rudolf Steiner supports the book's emphasis on the child's spiritual requirement for imaginative play.

## Book Information

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## Customer Reviews

Sally Fallon Morell is the founding president of the Weston A. Price Foundation and author of the best-selling Nourishing Traditions. She lives in Washington, DC. Thomas S. Cowan is the author of the Fourfold Path to Healing. He is a physician in private practice in San Francisco, California.

I enjoyed reading Nourishing Traditions (NT) and have incorporated some of the information from that book into my family's diet. It also prompted me to delve into some areas of nutrition research that I hadn't read before NT. I expected this book to take a similar approach to child care (i.e. present qualitative and quantitative research, give an overview of historical trends, and present ideas from various cultures). I had high hopes for this book, since Sally Fallon was once again listed as an author, but after reading this book perhaps I should search for more from Mary Enig (the co-author of NT, but not on this book). Perhaps the first sign that this book would be a let down were

the typos throughout the pages (such as "hunbands" for husbands p 211, "sores" for scores p 104). The carelessness of the authors was reflected in the poor quality of the content and its presentation. This book lacked a coherent voice, and others have noted the contradictory statements found throughout its pages. There are myriad sections without references. At other times the authors reference secondary sources (in discussing toilet training they note that "Pediatrician Lindy Woodard believes that a child can and should be trained by thirty months; in her professional experience, children who are trained at an older age have more problems learning to use the toilet." p. 168). Often the subject of a section would lack focus and context, such as p. 209 where the authors talk about "soul disorders" in reference to mental health. One assumes they are referencing the work of someone else, but it isn't cited or put into context. This leaves the reader to wonder why the authors would consider if "wisdom teeth extraction impacts our souls." Some of the child rearing advice was unexpected: p. 203 "no parents can really play with their children" because they have "too much responsibility, too many disappointments, too much school learning to play" and "Don't play with your children, just do your stuff-laundry, cooking, gardening, mowing the lawn, bird watching." Perhaps the authors began writing the section to stress the importance of letting children have creative play rather than structuring all playtime with activities and parental narration, but they composed a message of 'do your chores and leave your child to do his own thing.' Again, there were no references in this brief section, though there are plenty of sources the authors could have drawn from if they had done some research. Although I anticipated the publishing of this book with excitement, I cannot recommend "The Nourishing Traditions Book of Baby and Child Care". Thank you for taking the time to read this review, and thank you for not clicking "unhelpful" simply because you disagree with my view. NT is a groundbreaking book, and I sincerely hope this book does not tarnish its reputation.

Because the original Nourishing Traditions book has been so useful for me, I pre-ordered the Baby and Child Care version as soon as I heard it was going to be released. I was excited when it was delivered and I could finally read it! Having two small children, I am always happy to learn more about nourishing them. There is a lot to like about The Nourishing Traditions Book of Baby and Child Care by Sally Fallon Morell and Thomas S Cowan. Some of it is exceptionally well-researched (other things I thought were a little sketchy or questionable, see further below). I could never list all the awesome things the book discusses, but some of the highlights for me include:- Discussion about healthy fats. Many parents and parents-to-be are scared of fats because we've been fed a lie about cholesterol. I'm not afraid of fats and believe they are essential to nutrition and development,

especially that of children, but I sometimes feel the WAPF goes overboard with this.- Exploration of the vitamins and minerals needed prior to conception and during pregnancy.- Discussion about toxic chemical exposure in every day life/products and the risks of this during pregnancy.- An examination of what is in modern infant formula.- Comprehensive suggestions for treating common childhood ailments using natural approaches rather than mainstream medicine.I also found myself reading and rereading a few things in the book that made me go hrmmmm:- A suggestion that it is not necessary to consume large amounts of water before and during pregnancy (p35). Apparently, the best way to hydrate your body is to 'consume plenty of healthy fats, because fats provide the most energy on the cellular level - much more than carbohydrates and proteins, and the by product of this energy is water'. I don't know enough about this matter to comment further at this stage, but I find it strange that drinking water would be discouraged.- "Attachment parentings can interfere with a child's need to learn about the world on his own, and his gradual emergence into his sense of independent self" (p156). Clearly, the authors have confused attachment parenting with helicopter parenting. One of the greatest outcomes of attachment parenting is confident and secure children who are not only independent, but highly inter-dependent.- A suggestion that a baby play pen is a good idea to 'protect baby from being stepped on' (p160). As far I have ever seen, baby play pens are good for two purposes - keeping little hands away from the Christmas Tree, and having a safe place for mum to iron.- Promotion of the time-out technique for dealing with inappropriate behaviour (p173). I've worked with enough children in my career and read enough literature on child behaviour and development to know that time-out is an ineffective, overused and misunderstood tool that adults resort to when they have no clue otherwise how to deal with their child's actions (thank you Super Nanny). In many cases it's the parents who need time out from the situation to cool down and gather their composure. I'm not about to tell anyone how to parent, but I will say that when a child is sent to time-out to 'think about their behaviour', you can be guaranteed they're thinking of anything BUT that.- An apparent misunderstanding about baby-led weaning. The book says that baby-led weaning is to be resisted and that baby's parents should be squarely in charge of what baby eats from the beginning. I did a combination of purees and baby-led weaning with both my children, and I was always squarely in charge of what they ate and what they were offered. Part of my role as a mother is to prepare nourishing foods for my children. Whether they pick at it and hand-feed themselves or whether I offered it mashed up on a spoon is irrelevant. The book fails to recognise that a child can only choose food from that which they have been offered or is available. If only nourishing food is offered and available, then that is what the child will choose.I must admit I am surprised that with the concept of Nourishing Traditions being about adopting traditional methods of

preparing foods as observed in ultra-healthy non-western people groups, I expected the book on baby and child care to promote more traditional and indigenous ways of nurturing (not just nourishing) little ones, such as babywearing and co-sleeping. I guess we always have The Continuum Concept by Jean Liedloff for that! With all its good bits and all its interesting bits, I still have one as-yet unmentioned gripe and disappointment with The Nourishing Traditions Book of Baby and Child Care. Not enough recipes![...]

Honestly, it's a great book. But the Kindle version is horrid. It jumps back and forth between topics and that makes it hard to follow. There isn't a whole lot here that isn't covered in Nourishing Traditions, but it's still worth the extra read.

It has really good advises and pointers, but like all nutrition/advice books always do your own research and don't take everything someone says as is. Also if you are a vegan or vegetarian and are not ready to open your mind to meat, fat and other animal products as nutritious items to eat during your pregnancy, this book is not for you. I think it is very clear where the author stands when it comes to animal products if one read the description/summary of the book before buying the book.

Wonderful resource for anyone looking to conceive, is pregnant, or has a baby. I don't agree with everything the books talks about such as vaccines or having perfect diet 24/7 (because, real life) however, this a fantastic resource and a must read for any parent who is striving for a more natural lifestyle.

Another wonderful, information-rich book from Sally Fallon. I love how everything she writes has studies and science to back it up. The only thing I don't like about her approach is the way that she almost scares the reader into taking what she is saying seriously. I think it's important to get this info out there, but I don't think it's helpful to get parents-to-be scared about what they need to do to prepare. Her suggestions and framework provide a nice structure, but I think what she says is sometimes a little bit extreme.

This should be required reading for anyone who is trying to conceive, pregnant, or postpartum.

Bought this for my daughter-in-law...pre pregnancy...I know these things are not usually welcomed after the event..then you are meddling

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