

Five Reasons Your Birth Can Affect Your Baby and Your Parenting

Written by Sarah Ockwell-Smith

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When I meet a new mom, dad, and baby for the first time at a consultation for colic and sleep, I always start by asking them to tell me about the birth. Mostly I'm met with confusion, wrinkled eyebrows, and curious looks. Very often they ask me why. After all, they haven't come to see me to talk about their birth - they're here to work out why their baby cries so much. To me, though, it's the first thing I ask about because I know that the way you give birth can affect your baby's sleep and your parenting.

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