



The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development

By Sharon Heller

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Using a lively array of anthropological and sociological sources, *The Vital Touch* presents a provocative examination of the reasons why, now more than ever, we need to make consistent physical connections with our infants and children.

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Editorial Review

From the Back Cover

Why do American babies rank among the least held on earth? Throughout human evolution, babies have enjoyed intimate physical contact with their mothers. In cultures around the world, parents' arms are used to comfort their babies, from holding and carrying them to rocking them to sleep. In this probing and insightful book, psychologist Sharon Heller uses evolutionary psychology to examine why social pressures and a desire for self-sufficiency have caused Americans to distance ourselves physically from our children. Our overreliance on infant carriers, strollers, swings, and cribs as parenting substitutes often prevents us from attaining physical closeness with our children, causing increased fussiness in infants and creating conflict for the mothers. Drawing from an inspiring array of cultural and anthropological sources, *The Vital Touch* explores all the psychological, physiological, and sensory benefits that occur when parent and baby are in touch - and what happens when they're not - and shows us how we can provide a soothing and nurturing environment in which our children will thrive. Here is a book that affirms the value of touch as the most essential medium through which we can communicate and bond with our babies.

About the Author

Sharon Heller is the author of *The Vital Touch*.

Users Review

From reader reviews:

Debbie Luken:

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely sure. People is human not just a robot. Then we request again, what kind of activity are there when the spare time coming to an individual of course your answer may unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the book you have read is actually *The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development*.

Shawn Marsh:

Reading can called head hangout, why? Because if you are reading a book particularly book entitled *The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development* your head will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a book then become one form conclusion and explanation that will maybe you never get ahead of. The *The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development* giving you another experience more than blown away your head but also giving you useful facts for your better life within this era. So now let us teach you the relaxing pattern this is your body and mind will likely be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Clarence McKeever:

As we know that book is essential thing to add our expertise for everything. By a book we can know everything we wish. A book is a list of written, printed, illustrated as well as blank sheet. Every year was exactly added. This book *The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development* was filled in relation to science. Spend your free time to add your knowledge about your scientific disciplines competence. Some people has distinct feel when they reading any book. If you know how big selling point of a book, you can really feel enjoy to read a e-book. In the modern era like now, many ways to get book that you wanted.

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