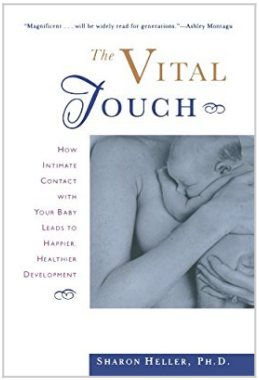

The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development

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:

Mark Wolf:

Nowadays reading books be than want or need but also be a life style. This reading routine give you lot of advantages. Associate programs you got of course the knowledge your information inside the book this improve your knowledge and information. The details you get based on what kind of publication you read, if you want have more knowledge just go with knowledge books but if you want sense happy read one with theme for entertaining for example comic or novel. Typically the The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development is kind of e-book which is giving the reader unstable experience.

Gloria Pruitt:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family members or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun in your case. If you enjoy the book which you read you can spent 24 hours a day to reading a book. The book The Vital Touch: How Intimate Contact With Your Baby Leads To Happier, Healthier Development it is extremely good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space to deliver this book you can buy often the e-book. You can m0ore easily to read this book from a smart phone. The price is not very costly but this book possesses high quality.

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