

# BABYGROUP: 0-6 months

*Surviving and Thriving During Your Baby's First 6 Months*

Ask any parent and they'll tell you, having a baby is exhilarating, exhausting, life affirming and life-changing, often at the same time! Those same parents will tell you that no matter how prepared you are, once you return home with your bundle of joy, you'll find you're long on questions and short on time.

The solution for new parents can be found in Donna Holloran's **BABYGROUP** DVDs. Her child-raising advice has been featured in dozens of publications and websites, including the New York Times, American Baby, Pregnancy Magazine, Fox News and more. Long regarded as the Baby Guru for Hollywood's elite, Holloran has created an intimate and meaningful learning experience for mothers and fathers seeking help navigating challenging new territory as parents and couples. For those unable to secure a coveted slot in one of Donna's groups, this DVD allows you to capture all of the advice, confidence and control you'd find in the live **BABYGROUP** experience.

**BABYGROUP: 0-6 months** helps parents of newborns and babies under six months old survive and thrive through the tremendous lifestyle upheaval, concerns and pressures new babies add to even the most structured families. Here, parents will quickly learn to confidently embrace parenthood, establish a routine and comfortably handle these first six months.

## Includes:

- Adjusting to Motherhood
- Soothing & Swaddling
- Sleeping (under 4 months)
- Sleeping (4-6 months)
- Napping
- Daytime Routine (4-6 months)
- Baby Activities
- Daddy Time
- Returning to Work
- Solid Foods (4-6 months)
- Chapter Search by Topic
- Bonus Summary/Review Feature

Also look for **BABYGROUP: 6-12 months** to create the perfect Baby Shower 2-Pack!

**Genre:** Documentary/Parenting and Childcare  
**Fullscreen Not Rated Run Time:** 57 min

with Donna Holloran  
**babygroup**<sup>™</sup>  
Everything You Need to Know About  
**Surviving & Thriving During Your Baby's First 6 Months!** 0-6 months  
As seen on Pregnancy Magazine's A-List of Must-Have Products!  
"Babygroup is a wonderful guide. I would recommend it to any new parent."  
Jennifer Garner, actress and babygroup<sup>™</sup> mom

**S.R.P. \$19.99**  
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**View Trailer & check out all the testimonials at:** [www.seedsmangroup.com](http://www.seedsmangroup.com)

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