

# Are you ready to be a Parent?

Sleepless nights, crying baby,  
marital stress.



Learn an extraordinary approach to calm your baby  
in our *Happiest Baby Class*.

New parents will learn step-by-step how to help babies sleep longer  
and how to soothe even the fussiest infant in minutes...or less!



#### Class Information Includes:

- ✓ The Missing 4th Trimester
- ✓ The Calming Reflex
- ✓ The 5 S's
- ✓ The Cuddle Cure

**Magic? A miracle? No, it's a reflex!™**

**The  
Happiest Baby  
on the Block™**

Class cost includes a Parent Kit  
(Parent Kit includes your choice of *The  
Happiest Baby on the Block* VHS or DVD  
and *Soothing Sounds* CD - a \$40 Value)

To register for the next class contact:

*My Birth By Design*

Jennifer A. McFarland CD(CBI), CHBBI, CIBI, MA

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<http://www.thehappiestbaby.org/> or <http://www.mybirthbydesign.com/>