

## An easy start for a carefree family life



Nora Imlau

### **My Competent Baby**

[Mein kompetentes Baby]

How children show what they need

Kösel Sach-/Fachbuch

208 pages

Format 13,5 x 21,5 cm

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4-colour throughout, with many photographs

**Nora Imlau**, born in 1983, is one of the most important experts on babies and small children in Germany. As a journalist and author for family issues, she writes for the magazine *Eltern*, among others, and has published several successful parenting advice books. In her talks and workshops she advocates for a strong bonding and relationship-rich family life. Through her consistent needs-oriented perspective on children and parents, she has many followers on Facebook and her blog. She has three children and lives in Leipzig. Her book *So Much Joy, So Much Anger* is a bestseller.

Babies are some of the most under-appreciated beings on this planet. It is absolutely astonishing what babies are capable of from even the first day: they recognise their parents, react to faces, make eye contact, and distinguish different voices. From the perspective of modern developmental psychology, babies actively contribute to parent-child bonding.

Nora Imlau's well-researched and readable advice book clearly shows that babies possess precisely those abilities they need for their particular age and experiential world. They don't develop from something unfinished to something finished; rather they go from being competent new-borns to competent babies and then on to competent small children. This revolutionary view of babies will help make things easier for parents, for whoever understands how babies tick will more quickly recognise what babies need in order to be well balanced and content.

- Nora Imlau is one of the most important experts on early childhood development
- Well researched and very readable – an ideal companion for the first year of life