

## Benefits of Dunstan Baby Language

**Mom Toni:** "There's nothing worse than a baby crying all the time. You get stressed out. He's uncomfortable and stressed out." *Being able to understand what your baby's needs are will reduce the stress levels in your home considerably.* "I feel like I'm more empowered."

**Parents Karen and Jose:** "Before, I'd go, 'okay I'm going to the bathroom, here's the baby. You hold him, he should be okay' as soon as I close the door to the bathroom, the crying starts and I can hear him walking up and down the halls trying to quiet him down." - Karen

"I'd grab the baby and 'what do I do?' run around trying to figure out what's going on." - Jose *Not being able to understand your baby can be pretty frustrating and sometimes create fights with your partner.*

"Actually, I feel like I'm a lot more secure." - Karen

**Mom Nicole:** "Just being able to identify what it is, and be able to stop that, your anxiety is so much less." *Your baby will be happier getting the attention he needs more quickly.* It can be very exciting to know that parenting doesn't have to be as difficult as you'd expect and you do have some say in how the child will behave. "The bonding with the child has actually improved because you don't have that stress."

**Mom Catherine:** "Just having that reassurance during that really sensitive time, to know right now he needs to eat, and I can feed him." Knowing what your baby is asking for will improve the overall mood of the family. *You will be happier, baby will be happier, and dad will be happier after you've learned the language.*

**Mom Melanie:** "I felt really positive that this was a turning point, and it was." Recognize that you are not alone in this process. Many parents have a difficult time understanding their child. "Now I know exactly what he needs." *Your family and friends will notice that your baby is happy.*

**Parents Lena and Eddie:** "Our life changed so much because we could really hear the words that were outlined." *You may be really excited to have your second because you'll be able to communicate with them from day one.*