

Having arrived at this website, chances are that something is calling you to seek help or support, to learn more about parenting and relationships, or to look at ways to heal or transform aspects of your life that currently impact on you and/or your whole family. Whatever it is that brought you here - **Welcome!** **Why Choose Anne Thistleton: The Baby Calmer?**

- Are you feeling **overwhelmed** by the plethora of **conflicting** parenting information and advice currently available online and offered within your local community?
- Are you **unwilling** to potentially expose your baby, toddler or young child to **punitive parenting practices** or philosophies that **do not honour the attachment and bonding process** between parents and their children?
- Are you seeking **qualified** parenting support that embraces the most current **holistic research** , and accurately shares and supports what we know to be the **'optimal' conditions for infant and early years development** ?
- Are you struggling to find a parenting support service that provides and guarantees **safe, gentle, emotion-focused, attachment theory based sleep advice?**
- Are you open to **cutting edge early parenting information, advice and support?**
- Are you willing to **step into a process** that will help guide you towards **the most developmentally appropriate and therapeutically beneficial options** , to **enhance your parenting skills and capacity** , and **create a significant positive difference** to your current parenting concerns and / or your baby, toddler or young child's current presenting issues?

Hello, I'm Anne Thistleton (B.Ed; M.REd; M.Couns; Grad. Dip. Nut Med - MHealth; Cert EF & TTh; Cert SP & SW; CIMI) aka The Baby Calmer and Anne Thistleton Counselling.



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