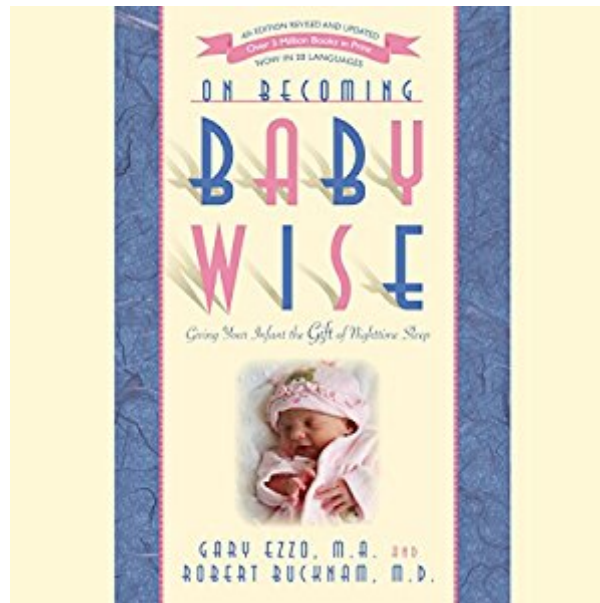




The book was found

# On Becoming Babywise: Giving Your Infant The Gift Of Nighttime Sleep



## Synopsis

Distinguished pediatrician Dr. Robert Bucknam, MD, and coauthor Gary Ezzo are two of the world's leading experts on infant management concepts. In this revised fifth edition, they have updated their groundbreaking approach, which has found favor with over six million parents in all 50 states and has been translated into 16 languages around the world. For over 20 years, *On Becoming Babywise* has been the de facto newborn parenting manual for naturally synchronizing your baby's feeding time, wake time, and nighttime sleep cycles, so the whole family can sleep through the night. In his 26th year as a licensed pediatrician, Dr. Robert Bucknam, MD, along with coauthor Gary Ezzo, demonstrates how order and stability are mutual allies of every newborn's metabolism and how parents can take advantage of these biological propensities. In particular, they note how an infant's body responds to the influences of parental routine or the lack thereof. Early chapters start with explorations of everyday aspects of infant management, such as the three basic elements of daytime activities for newborns: feeding time, wake time, and naptime. Practical discussions then focus on broad and niche topics including feeding philosophies, baby sleep problems, baby scheduling challenges, nap routines, sleep training multiples, baby sleeping props, colic and reflux and many other dimensions that impact breast feeding schedules, bottle feeding tips, and baby sleep training. Five resource appendices provide additional reference material: Taking Care of Baby and Mom A Timeline of What to Expect and When Baby Sleep Training Problems and Solutions Monitoring Your Baby's Growth Healthy Baby Growth Charts *On Becoming Babywise* is more than an infant-management concept. It is a mind-set for successful parenthood. It can help any parent develop a plan that meets the needs of both a new baby and the entire family. These principles have worked for millions of parents and, when applied with common sense to your unique situation, can work wonderfully for you, too! Recommended by doctors across the country.

## Book Information

Audible Audio Edition

Listening Length: 5 hours 42 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hawksflight & Associates, Inc

Audible.com Release Date: February 15, 2017

Language: English

ASIN: B06X3WSN26

Best Sellers Rank: #3 in [Books > Parenting & Relationships > Family Relationships > Twins & Multiples](#) #6 in [Books > Parenting & Relationships > Babysitting, Day Care & Child Care](#) #17 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#)

## Customer Reviews

My baby was sleeping 8 hours at night at 8 weeks old thanks to this book. I'm so grateful I had this book as a resource.

Having a baby is wonderful, yet overwhelming many times. This book gives you a plan to help chart the days ahead.

Great read

A must-buy for any new parent!

Love this book! baby #3 was babywise from day one. she's perfect and she sleeps so well! She has never had to cry it out! :)

Best baby book!! The schedule suggested has been a wonderful tool for me to try and plan my son's wake/sleep cycles. My son is 10weeks old and sleeping through the night. Great practical advice!!

I had several people recommend this book and what better gift to give yourself than sleep after a baby is born. We will definitely be using these strategies and love the ease of reading this how-to tutorial. Excellent!

This book saved us from many sleepless night in your home. It gives tips and trick of how to sooth your baby and tend to their needs. Highly recommended

[Download to continue reading...](#)

On Becoming Babywise: Giving Your Infant the Gift of Nighttime Sleep On Becoming Babywise (Updated and Expanded): Giving Your Infant the Gift of Nighttime Sleep On Becoming Babywise: Giving Your Infant the Gift of Nighttime Sleep On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine

and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Infant Sleep Solutions: It's possible to get your baby to sleep through the night! Grow the F\*ck Up - White Elephant & Yankee Swap gift, gag gift for men, birthday gift for him, novelty book, Secret Santa exchange, teenage & young adult how-to, high school & college graduation gift The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family The Gift of Sleep: Teach your baby to sleep in three nights Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)