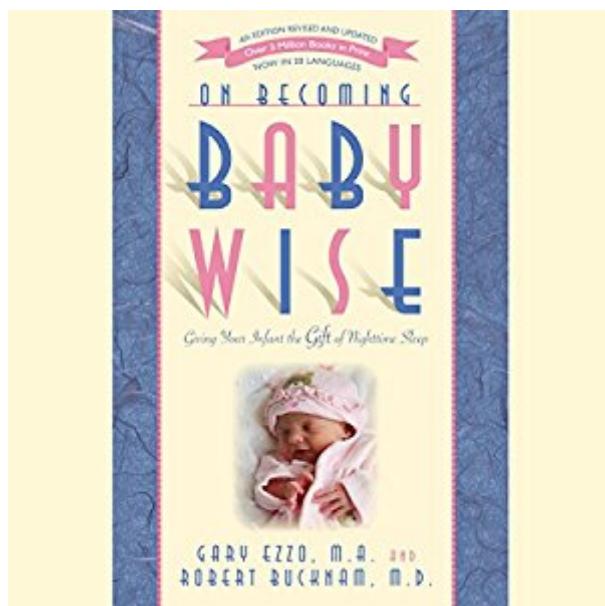


The book was found

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

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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 Å, Å, Å

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 10 weeks 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 recomended

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