

On Becoming Baby Wise (2 Book Series)

By Gary Ezzo, Robert Bucknam MD, Robert Bucknam

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From Book 1: Distinguished pediatrician Dr Robert Bucknam, M.D. and co-author Gary Ezzo are two of the world's leading experts on infant management concepts. In this revised 5th 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, waketime and nighttime sleep cycles, so the whole family can sleep through the night.

The authors demonstrate 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, waketime, 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 which impact breast feeding schedules, bottle feeding tips and baby sleep training.

Five resource Appendixes provide additional reference material:

- 1) Taking care of baby and mom
- 2) A timeline of what to expect and when
- 3) Baby Sleep Training Problems and Solutions
- 4) Monitoring Your Baby's Growth
- 5) Healthy Baby Growth Charts

On Becoming Babywise is more than an infant-management concept. It is a

mindset for successful parenthood. It can help any parent develop a plan that meets both the needs of a new baby and of 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.

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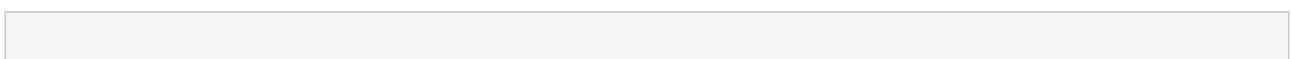
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Editorial Review

Users Review

From reader reviews:

Mark Copeland:

A lot of people always spent their particular free time to vacation or even go to the outside with them household or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity this is look different you can read any book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book On Becoming Baby Wise (2 Book Series) it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to create this book you can buy the actual e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not too expensive but this book possesses high quality.

Angelina Rone:

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Carl Carrillo:

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