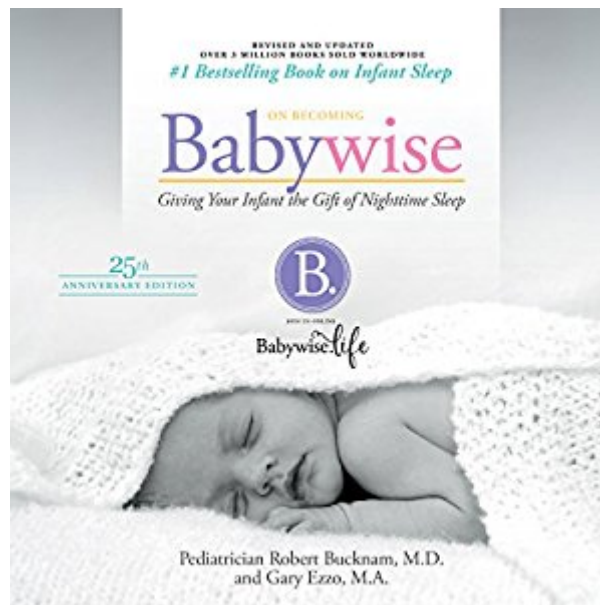




The book was found

On Becoming Babywise (Updated And Expanded): Giving Your Infant The Gift Of Nighttime Sleep



Synopsis

Distinguished pediatrician Dr. Robert Bucknam and coauthor Gary Ezzo are two of the world's leading experts on baby sleep and feeding patterns. Millions of new mothers across the globe are coming toward this new brand at an increasing pace as they find and share the life-changing success they are achieving with their newborns. This updated anniversary edition celebrates 25 years with Bucknam and Ezzo's groundbreaking approach, which has found favor with over six million parents in all 50 states and has been translated into 20 languages around the world. For 25 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. In his 28th year as a licensed pediatrician, Dr. Robert Bucknam, 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, 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 that impact breast feeding schedules, bottle feeding tips, and baby sleeping training. Five resource appendices 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 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: 6 hours and 38 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Pear Press

Audible.com Release Date: April 27, 2017

Language: English

ASIN: B072DX38K3

Best Sellers Rank: #107 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships #114 in Books > Parenting & Relationships > Parenting > Early Childhood #3096 in Books > Health, Fitness & Dieting

Customer Reviews

This book was so helpful! I really wish I would have read this 4 kids ago! I will be buying this book for baby showers in the future!!

I read this book and immediately began following its teachings. My baby is responding to it very well at 3 weeks old. She is self soothing and napping better within a day.

Easy to read, great educational info!

This is the best book I've ever read for baby care and sleep training.

Best book ever!! Super helpful, started when our baby was 7 weeks she is 3 months now and with in a week she was sleeping through the night!!!!

Worked wonders!!

Great book to establish a schedule and get a baby to sleep through the night.

I bought an earlier edition and wish I'd started with this. They updated a lot and this version includes sample schedules. Knock on wood but my 7 week old is sleeping through the night! The concept is controversial and admittedly we don't stick to a strict schedule but I believe in the concept and have shared it with other new moms.

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

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 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 4-Hour Workweek, Expanded and Updated: Expanded and Updated, With Over 100 New Pages of Cutting-Edge Content. The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide The Gift of Sleep: Teach your baby to sleep in three nights Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep 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](#)