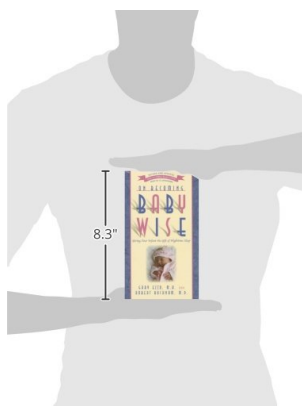


[PDF] On Becoming Baby Wise: Giving Your Infant The Gift Of Nighttime Sleep

Robert Bucknam M.D., Gary Ezzo - pdf download free book



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Description:

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.

In his 26th year as a licensed Pediatrician, Dr. Robert Bucknam, M.D. along with co-author Gary Ezzo, 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.

"As a mom, I parented both ways. As a certified lactation educator, I know how discouraging it is to feed a baby around the clock with no apparent advantage and how fatigue will affect her milk supply. I also know how discouraging the first eighteen months of parenting can be without a plan. I know, because with my first child, I did everything the opposite of what is taught in this book. Before my second baby was born, I was introduced to the Babywise concepts. Applying these principles revolutionized my thinking. Instead of being in baby bondage, I was liberated to be the mother God wanted me to be. I have consistently used this series with the women I counsel. These mothers have met with tremendous success, whether bottle or breastfeeding."

-- Barbara Philips, R.N., C.L.E. Los Angeles, California

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