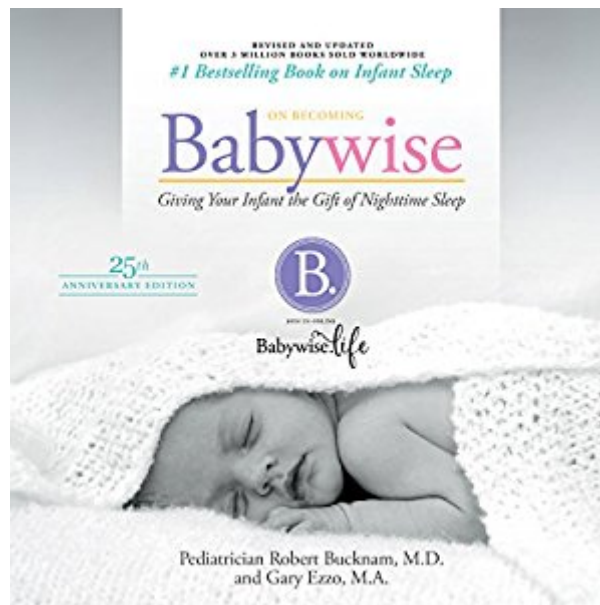




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# On Becoming Babywise (Updated And Expanded): Giving Your Infant The Gift Of Nighttime Sleep



## 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

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## 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.

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