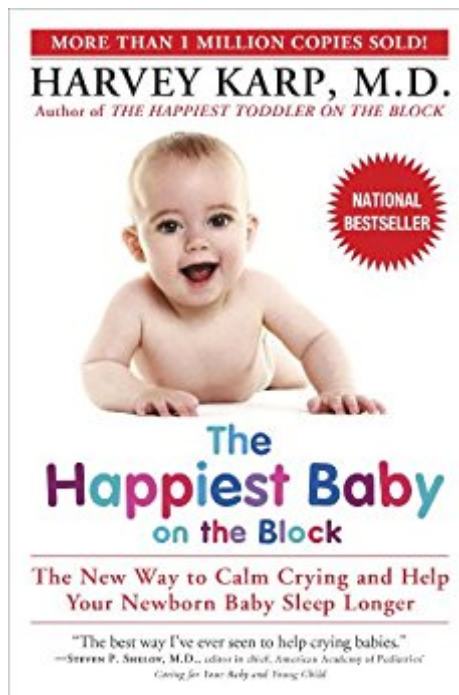




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The Happiest Baby On The Block: The New Way To Calm Crying And Help Your Newborn Baby Sleep Longer



Synopsis

Perfect for expecting parents who want to provide a soothing home for the newest member of their family, *The Happiest Baby on the Block*, the national bestseller by respected pediatrician and child development expert Dr. Harvey Karp, is a revolutionary method for calming a crying infant and promoting healthy sleep from day one. In perhaps the most important parenting book of the decade, Dr. Harvey Karp reveals an extraordinary treasure sought by parents for centuries --an automatic "off-switch" for their baby's crying. No wonder pediatricians across the country are praising him and thousands of Los Angeles parents, from working moms to superstars like Madonna and Pierce Brosnan, have turned to him to learn the secrets for making babies happy. Never again will parents have to stand by helpless and frazzled while their poor baby cries and cries. Dr. Karp has found there IS a remedy for colic. "I share with parents techniques known only to the most gifted baby soothers throughout history and I explain exactly how they work." In an innovative and thought-provoking reevaluation of early infancy, Dr. Karp blends modern science and ancient wisdom to prove that newborns are not fully ready for the world when they are born. Through his research and experience, he has developed four basic principles that are crucial for understanding babies as well as improving their sleep and soothing their senses:

- **The Missing Fourth Trimester:** as odd as it may sound, one of the main reasons babies cry is because they are born three months too soon.
- **The Calming Reflex:** the automatic reset switch to stop crying of any baby in the first few months of life.
- **The 5 S's:** the simple steps (swaddling, side/stomach position, shushing, swinging and sucking) that trigger the calming reflex. For centuries, parents have tried these methods only to fail because, as with a knee reflex, the calming reflex only works when it is triggered in precisely the right way. Unlike other books that merely list these techniques Dr. Karp teaches parents exactly how to do them, to guide cranky infants to calm and easy babies to serenity in minutes and help them sleep longer too.
- **The Cuddle Cure:** the perfect mix of the 5 S's that can soothe even the most colicky of infants.

In the book, Dr. Karp also explains: What is colic? Why do most babies get much more upset in the evening? How can a parent calm a baby--in mere minutes? Can babies be spoiled? When should a parent of a crying baby call the doctor? How can a parent get their baby to sleep a few hours longer? Even the most loving moms and dads sometimes feel pushed to the breaking point by their infant's persistent cries. Coming to the rescue, however, Dr. Karp places in the hands of parents, grandparents, and all childcare givers the tools they need to be able to calm their babies almost as easily as turning off a light.

Hardcover edition.

Book Information

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Customer Reviews

I feel that this review by Carrie on another website is by far the best review and insight to what this book has to offer. Please read as you will have the best understanding of what will get out of this book. We highly recommend it as this book was indeed a game changer with our little ones and being happy in our family. Happy wife happy life! Happy baby happy mother happy wife happy life!!!
"I saw this doctor on Oprah YEARS ago... I remember that the audience was full of QUIET, contented babies and I wondered if they were all sedated. The premise is that human babies are born 3 months BEFORE they are really developed because of the size of their heads. Therefore, the first 100 days of their life is virtually a "fourth trimester" in which the baby needs constant vigilance and caring. He offers "cuddle cure"... 5 steps done in sequence to calm a baby and simulate life in the womb: Swaddling (firmly), Side/Stomach, Sssshhhing, Swaying, Sucking. They are combined and should match the VIGOR of any crying to immediately pacify the baby. Actually... this all made sense to me and most importantly.... IT WORKS! Author: Harvey

KarpPublisher: Bantam DellCopyright: 2002Genre: Parenting/ChildcarePages: 260Date Read- 5/21/09 to 5/26/09p.100The FASTEST way to succeed in stopping your baby's cycle of crying is to MEET THEIR LEVEL OF INTENSITY. Only after your screaming baby pauses for a few moments can you gradually slow your motion, soften your shushing and guide them from frenzy to soft landing.The best colic-calmers say that soothing an infant is like dancing with them in the lead. These talented people pay close attention to the vigor of their 5 "S's"p.1251st S- SwaddlingThis TURNS on the calming effect by stopping the Moro reflex (hand jerking/flailing) that helps them to pay attention to the other S's.2nd S-Side/StomachLay your child on their side or place them in your arms on their stomach. This prevents them from feeling that they are falling.3rd S- ShhhhYou have to do it as LOUD AS YOUR BABIES CRY and close to their ear. It stimulates the sound of the womb. It can be replaced by white noise.4th S- SwaySupport your babies head and neck and wiggle their HEAD with fast, tiny movements (like you are shivering). Once they are entranced, you can move to a slower swinging motion.5th S- SuckingThis works best after the other S's have calmed. A finger or pacifier work and can be eliminated after the 3rd month.p.195Baby Massage.In a 1986 study by Tiffany Field, massaged babies gained 47% more than babies who did not have the same touch. The same babies had higher IQ's a year later.1. Prepare for pleasure. Warm the room, dim the lights, play soft music.2. Bring Yourself to the moment. Sit comfortably, take 5 slow deep breaths and allow yourself to be present for the experience. It's an exchange of love in one fleeting, tender moment of time.3. Speak to your baby with your hands. Always try to keep one hand in contact with the skin and talk to them about what you are doing and what your hopes are for their life, or sing a lullaby. Let your massage strokes move in synchronicity with your calm breathing.4. Reward your babies tummy. Bicycle their legs then firmly push both knees to their belly and hold them there for 20 seconds. Massage the tummy in firm, clockwise, circular strokes - starting at their right lower belly, up and across the top of their tummy and ending at their left lower side (this traces their colon and intestines)5. Follow your baby's signals.p.245Top 10 survival Tips for Parents of New Babies1. Trust Yourself. You are the Latest in the Unbroken Chain of the World's Top Parents.2. Lower Your Expectations.3. Accept All the Help You Can Get4. Get Your Priorities Straight: Should You take a break or do the dishes?5. Be Flexible. It is better to bend than snap.6. Know Thyself. Share how you are feeling.7. Don't Rock the Cradle too Hard. Know when to take a break.8. Keep Your Sense of Humor Handy9. Take Care of Your Spouse10. Don't Ignore Depression.ÃfÂçÃ â ÑÃ Â•Review by Carrie

First off, I completely believe that the techniques in here are going to be a lifesaver. Every nurse,

pediatrician, or midwife I've talked to has recommended these techniques. However, putting them into a book is really stretching the material, and involves a LOT of repetition of the same stories and arguments over and over. This could be condensed into a pamphlet. In fact, I just finished watching Dr. Karp explain the entire book in a six-minute spot on a daytime TV show (found for free on the Internet). As an expectant parent who wants to be well informed, I have a lot of books on my reading list. This took up way more time than it should have. If you're a new/expecting parent, do yourself a favor and find this info for free on the Internet. If you want to buy this as a gift, do the expectant parents a favor and get the DVD or instant video instead.

These techniques work! It is also nice to know the reasons why these techniques work. I would like a section on how and when to wean the baby off; when I know the baby is ready to sleep without these techniques.

I had this book with my first child, and loaned it away. They loved it so much, I never got it back. He basically proves that if you are willing to follow the 5 S's you can sooth any baby. Babies manifest their fear of being out of the womb by crying and literally going through denial about not being rocked, fed, and held warm and snugly constantly. Dr. Karp says, using these 5 S's you can help make the shift from womb to home easier on your child. He uses evidence from cultures around the world where colic is totally absent, and helps parents understand that the "un-ending crying" or "purple crying" is something any parent can handle. Had to buy this one again and restock my library. I also love the sequel, "Happiest Toddler on the Block." Dr. Karp is Amazing!

The first part of this book focuses mainly on colicky babies and how to handle it. Luckily our baby didn't have colic. The next part of the book talks about soothing techniques for any baby. These worked like a charm for our little guy. He has been an overall really easy baby, but we read this book before he was born and started immediately using the techniques described in the book. They worked so great for our little guy.

This book was a life saver. Great information to explain what a newborn needs. Our baby sleeps through the night. Using the techniques in this book it is very easy to calm her.

I feel like I have so many mom friends who could seriously use a good dose of this book. I now recommend it to everyone. For me personally, it was kind of common sense advice, but I haven't

had my baby yet, and am not a hormonal wreck currently, lol. I can imagine once you're in the thick of things, it would be nice to have this book to go back to in order to help you calm your baby. I particularly like that he tells moms that just bc your baby isn't soothed instantly doesn't mean it isn't working. I hear a lot of women saying swaddling didn't work for their kids merely bc the kid initially fussed more- well that's exactly what he says *will* happen- you have to use the 5S's all together. Update: Baby is currently 6 weeks old, so I *am* the hormonal wreck, now, ha! Best thing about this book is that my husband read it, too, and actually uses the 5 S's because someone "official" recommended them. ;) They keep our baby pretty dang happy and calm!

Great info but first 4 chapters were so repetitive and superficial I wanted to quit reading it (3 of those chapters just need to be deleted). The rest of the book was better but I think his editor should have only allowed half of the stories about his patients they too got repetitive. The individual chapters on each "S" were better and useful to me, during pregnancy. I was a super colicky baby so having some ideas and background on it before my first child is reassuring.

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