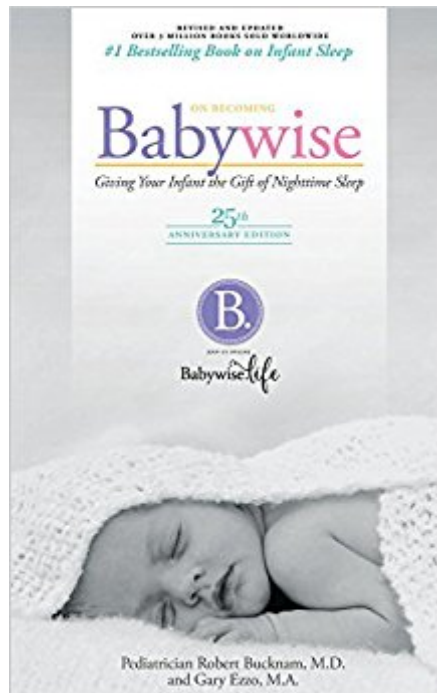




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# On Becoming Babywise: Giving Your Infant The Gift Of Nighttime Sleep



## Synopsis

Distinguished pediatrician Dr Robert Bucknam, M.D. and co-author 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, 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 sleeping 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.

## Book Information

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Customer Reviews

"I am a practicing pediatrician and assistant professor of pediatrics. Residents and new mothers I work with have found On Becoming Babywise overwhelmingly successful. My residents report a positive difference in the confidence of new mothers who work with this plan compared to those who do not. The freedom Babywise provides a new mother is so refreshing. Life is predictable, allowing her to be proactive in parenting, not reactive, which usually produces less-than-desirable results. My parents become baby-wise with Babywise."

- Dr. Linda Meloy, M.D. Richmond, Virginia

"From a pediatrician's perspective, this is a sigh of welcome relief for sleepless, weary parents."

- DAVID BLANK, M.D., LONGMONT, CO

"Babywise provides sound parenting advise and common sense pediatric care to many parents who are confused, frustrated, and downright sleep deprived. As a pediatrician and father of four, my wife and I routinely receive positive feedback regarding our children's behavior and sleep habits."

-Dr. David M. Miller, M.D. Superior, Colorado

"As an obstetrician and a mother, my concern for a healthy out-come continues beyond the moment of delivery. Because the principles of On Becoming Babywise are so effective, I consider it part of my extended health care for the family. The principles are simple, yet amazing. They consistently produce babies who are healthy, content, and who sleep through the night at an early age. Feeding a baby on demand simply cannot compare to the overall healthy benefits of Babywise. The concepts take the guesswork out of early parenting and provide new moms the confidence of knowing what happens next."

"I have been successfully using *On Becoming Babywise* in my general Pediatric practice for the last several years. I have found it to be a very helpful resource for parents. I think any negative outcomes associated with this material is due to the misapplication of the principles."

- Dr. Thomas Gill, M.D., Pediatrician, Johnson City, Tennessee

28 year Pediatrician Robert Bucknam, M.D. has directed 5 revisions of his #1 best selling baby sleep guide since the early 1990s when it was released. The first version had 160 pages and today's edition contains 279 pages as Babywise has been refined and supported by more doctors and pediatricians over its incredible 25 years on the market. Today, with more than 5 million copies sold in its best selling series, Babywise is gaining momentum now translated into 20 languages around the world. On Becoming Babywise continues to gain global recognition for its common-sense approach to parenting a newborn. The infant management plan offered by Pediatrician Robert Bucknam, M.D. and co-author Gary Ezzo in this book helps parents successfully and naturally synchronize their baby's feeding time, waketime and nighttime cycles. The results? Happy, healthy and contented babies who sleep through the night on average between seven and nine weeks of age. The best evaluation of any parenting philosophy, including Babywise, is not found in the reasoning or the logic of the hypothesis. End results speak clearly. Let your eyes confirm what works and what doesn't. You will be most confident in your parenting when you see the desired results lived out in other families. Stage One: Birth to 5 months -- On Becoming Babywise Stage Two: 5 - 12 months -- On Becoming Babywise 11 Stage Three: 12 - 18 months -- On Becoming Pretoddlerwise Stage Four: 18 - 36 months -- On Becoming Toddlerwise Stage Five: 36 - 84 months -- On Becoming Childless The principles of On Becoming Babywise were first shared in 1984. Sarah was the first baby girl raised with the principles; Kenny was the first boy. Both thrived on mother's milk and a basic routine, and both slept through the night by seven weeks. It was that easy. As with previous editions, this update does not provide parents a list of do's and don'ts. We wish parenting were that easy. Rather, our larger objective is to help prepare minds for the incredible task of raising a child. We believe the preparation of the mind is far more important than the preparation of the nursery. Both can be a lot of fun. Your baby will not care if his head rests on designer sheets or beside Disney

characters, nor is your success tied to his wardrobe or bedroom accessories, but rather to the beliefs and convictions that will eventually shape your parenting experience. It is our opinion that the achievements of healthy growth, contented babies, good naps, and playful wake times, as well as the gift of nighttime sleep, are too valuable to be left to chance. They need to be parent-directed and parent-managed. These are attainable conclusions, because infants are born with the capacity to achieve these outcomes and, equally important, the need to achieve them. Our goal is to demonstrate how this is done, but only after we explain why it should be done. We realize there are a number of parenting theories being marketed today, most of which come gift-wrapped with unrealistic promises and unnecessary burdens. In light of the many options, how can new parents know what approach is best for their families? Since every philosophy of parenting has a corresponding outcome unique to that philosophy, we encourage new and expectant parents to consider, evaluate, and decide which approach is best for their families. This can be accomplished by observing the end results. Spend time with relatives and friends who follow the Attachment Parenting style of infant care. Observe who practices hyper-scheduling, and certainly evaluate the outcomes associated with On Becoming Babywise. In which homes do you observe order, peace, and tranquility? Don't take any marketing plug or some stranger's word for truth. Search for yourself. Consider the marriages as well as the children. Is mom in a perpetual state of exhaustion? Is she nursing every two hours or less? Is Dad sleeping on the couch? What is the family life like when a child is 6, 12, and 18 months old? Is Mom stressed, frustrated, or lacking confidence? Is the baby stressed, exhausted or insecure? When the baby is nine months old, can the parents leave the room without the baby falling apart emotionally? We believe the best evaluation of any parenting philosophy, including the one found in On Becoming Babywise, is not found in the reasoning or the logic of the hypothesis but in the end results. Let your eyes confirm what works and what does not. You will be most confident in your parenting when you see the desired results lived out in other families using the same approach. Look at the fruit and then trace it back to its seed source. The principles contained within the pages can help parents develop workable strategies that meet the needs of their babies and the rest of the family. These have worked for millions of parents, and when faithfully applied can work wonderfully for you! However, your pediatrician or family practitioner should always be consulted when questions arise about the health and welfare of your baby. Enjoy the journey of parenting!

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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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) On Becoming Baby Wise: Giving  
Your Infant the Gift of Nighttime Sleep Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better  
and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep  
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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 Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Gift of Sleep: Teach your baby to sleep in three nights Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better 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) Infant Daily Report For Parents: Large 8.5 Inches By 11 Inches Log Book For Boys And Girls Log Feed Diaper changes Sleep To Do List And Notes Child Care Infant Daily Report: Large 8.5 Inches By 11 Inches Log Book For Boys And Girls Log Feed Diaper changes Sleep To Do List And Notes

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