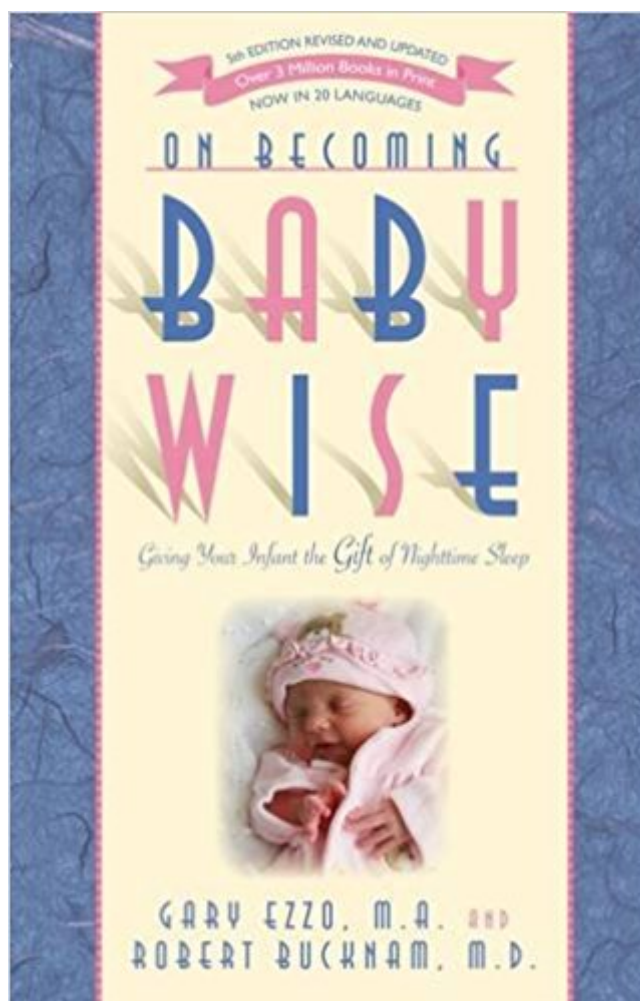


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# On Becoming Baby Wise: Giving Your Infant The Gift Of Nighttime Sleep



## Synopsis

Distinguished pediatrician Dr Robert Bucknam, M.D. and co-author Gary Ezzo are two of the world's leading experts on 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,



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

This is the current edition; the completely revised & updated version of On Becoming Babywise (5th edition, February 2012). We highly recommend ONLY purchasing the newest and most current version of On Becoming Babywise (isbn 1932740139). It has a new chapter, several important revisions, the latest in medical updates, and is 19% longer than the former version. In becoming one of America's leading infant management guides, On Becoming Babywise has continued to improve its methods and practices throughout its 24 years and this latest version is the result of all the best over the last two decades. 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  
Stage Three: 12 - 18 months -- On Becoming Babywise  
Stage Four: 18 - 36 months -- On Becoming Babywise  
Stage Five: 36 - 84 months -- On Becoming Babywise

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. On Becoming Babywise has now been translated into 16 different languages and is utilized by more than 6 million parents around the world. 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 strangers 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! "As a pediatrician, I cannot argue with the success of On Becoming Babywise. It is such a practical approach to parenting. It provides infants with

needed structure and stability and brings the joy and love so needed in our homes today. The effects of not using On Becoming Babywise show up very quickly. That is why I have made these principles a priority of discussion in every well-child care visit. Parents constantly tell me, "It changed our lives." -- Dr. Janet Dunn, M.D. Chatsworth, California

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.

As family physicians and a husband-wife team, we are often asked questions related to parenting and the general care of children. Most of our basic responses are found in On Becoming Babywise. For answering parenting questions, it has become a practical guide, giving us a sense of competence and confidence as physicians and as parents. When the principles are put into practice, parents reap abundant rewards.

-- Tony Burden, M.D., and Margaret Burden, M.D. Bellingham, Washington

My baby was sleeping 8 hours at night at 8 weeks old thanks to this book. I'm so grateful I had this book as a resource.

Having a baby is wonderful, yet overwhelming many times. This book gives you a plan to help chart the days ahead.

Great read

A must-buy for any new parent!

Love this book! baby #3 was babywise from day one. she's perfect and she sleeps so well! She has

never had to cry it out! :)

Best baby book!! The schedule suggested has been a wonderful tool for me to try and plan my son's wake/sleep cycles. My son is 10weeks old and sleeping through the night. Great practical advice!!

I had several people recommend this book and what better gift to give yourself than sleep after a baby is born. We will definitely be using these strategies and love the ease of reading this how-to tutorial. Excellent!

This book saved us from many sleepless night in your home. It gives tips and trick of how to sooth your baby and tend to their needs. Highly recomended

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