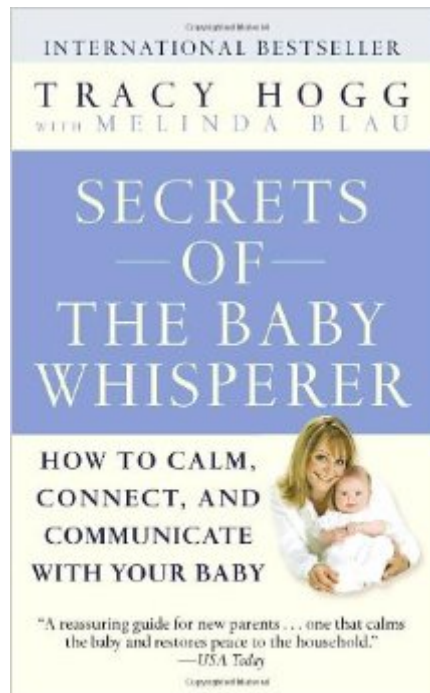


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# Secrets Of The Baby Whisperer: How To Calm, Connect, And Communicate With Your Baby



## Synopsis

“TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT” – the ability to develop early insight into their child’s temperament. • “Los Angeles FamilyWhen Tracy Hogg’s Secrets of the Baby Whisperer was first published, it soared onto bestseller lists across the country. Parents everywhere became “whisperers” to their newborns, amazed that they could actually communicate with their baby within weeks of their child’s birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby’s every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby’s life “because a happy baby sleeps through the night. Now you too can benefit from Tracy’s more than twenty years’ experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn: • E.A.S.Y. “how to get baby to eat, play, and sleep on a schedule that will make every member of the household’s life easier and happier. • S.L.O.W. “how to interpret what your baby is trying to tell you (so you don’t try to feed him when he really wants a nap). • How to identify which type of baby yours is “Angel, Textbook, Touchy, Spirited, or Grumpy” and then learn the best way to interact with that type. • Tracy’s Three Day Magic “how to change any and all bad habits (yours and the baby’s) in just three days. At the heart of Tracy’s simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, Secrets of the Baby Whisperer promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

## Book Information

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## Customer Reviews

As first time parents, my wife and I were both frustrated and overwhelmed by the conflicting advice that we received even before our daughter was released from the hospital. In between the feedings and diaper changes during the first few days at home, I read *Secrets of the Baby Whisperer*, which was given to us by a family friend. Finally, there was a sane voice of experience that helped us to find our own way. Some of the important points of this book:

1. It is normal to feel overwhelmed.
2. Every baby has a unique personality. While Tracy Hogg's categories may be somewhat oversimplified, she does offer a means of identifying your baby's personality so that you may better handle certain situations. No single approach will work with every baby, because they are all different.
3. You are not evil if you choose not to breast feed. This seems to be the subject of most of the negative reviews on this site, which is unfortunate. However, the author does not advocate either breast or formula feeding, she merely presents the pros and cons of each in a balanced manner, and provides reassurance that whatever method you choose, it is your choice to make, and there is no wrong decision.
4. One of the best pieces of advice: follow a structured routine. "EASY": Eat, Activity, Sleep, time for Yourself. This is another area that seems to have drawn criticism from fellow ... reviewers. "EASY" is presented as an alternative to feeding on demand and scheduled feeding. Actually, it is not as much an alternative as it is a combination of the two.--> Following a set schedule is often impractical, as we found out ourselves while our daughter was still in the hospital. There, feeding took place every three hours, and at the same times.

There is a lot to like about this book (even though constantly being called "luv" did get old by about page 3)... in many parts there \*is\* very good advice. Tracy Hogg claims a middle-of-the-road approach to parenting a newborn and I agree with many of her ideas. She does not advocate letting babies cry and communicates overall the belief that parents should respect their babies as the tiny people they are. Overall, there is a lot of comforting stuff in here. But I have issues with some of her specific advice. First, I find that she's judgmental about attachment parenting in general. I'm no die-hard attachment parent, but I'm no rigid-scheduler either and I totally disagree with her belief that demand feeding, cosleeping and the like teaches a baby bad habits or does not effectively meet their needs. She presumes that if AP doesn't work for some, then it will not work for all and is therefore not even worth trying because you'll end up with a baby with bad habits to break down the road. My experiences with flexibility vs. scheduled routine have been quite different. Gentle transitions from three completely attached newborns to independent individuals without parent-imposed schedules (it's been much more symbiotic than the method Hogg proposes) have

worked quite well in our household. While my style may not be right for everyone, it certainly *\*can\** work, something that Hogg fails to recognize. (She believes the "family bed gives parents short-shrift" without acknowledging that it actually *\*works\** for many.) Then there is the breastfeeding advice. I am disappointed to see someone who calls herself a lactation consultant try to make such a strong case for formula feeding over breastfeeding.

Tracy Hogg claims this is a middle of the road approach. It isn't. As a parent and as a licensed marriage and family therapist, I have read most of the parenting books on the market. This book isn't much different from all of the other sleep training books out there. It is obvious it is written from the perspective of a babysitter rather than a medical doctor, psychologist, or experienced parent. Her change a "bad" habit in three days is ridiculous and oversimplified. Yes, you can change a behavior if you are ruthless enough about it, but that doesn't mean you should. Picking up the baby and putting them back down repeatedly as she recommends might make you feel like you are doing something rather than just leaving them there to cry, but you aren't meeting the babies need for closeness. In one example she explains that in one night she picked up and put a baby down 172 times (when he cried, she picked him up and as soon as he stopped she put him down), how frustrating for this poor baby who was trying to communicate a need that went unmet. After several days, the baby gave up and didn't cry in his crib anymore. She cites this as an example of how great her training program is. Babies are people with needs. I met a family recently who used this approach and their baby responded to this program like a trained pup. She was complacent and passive. She slept through the night without a peep and from 8:00 p.m. to 7:00 a.m. Her daily routines involved videos, bottles, and crib-time with a bunch of pacifiers. No rocking, no lullabies, definitely no nursing. It definitely was easy as her "E.A.S.Y." program implies. But, this kind of approach has negative long term effects.

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