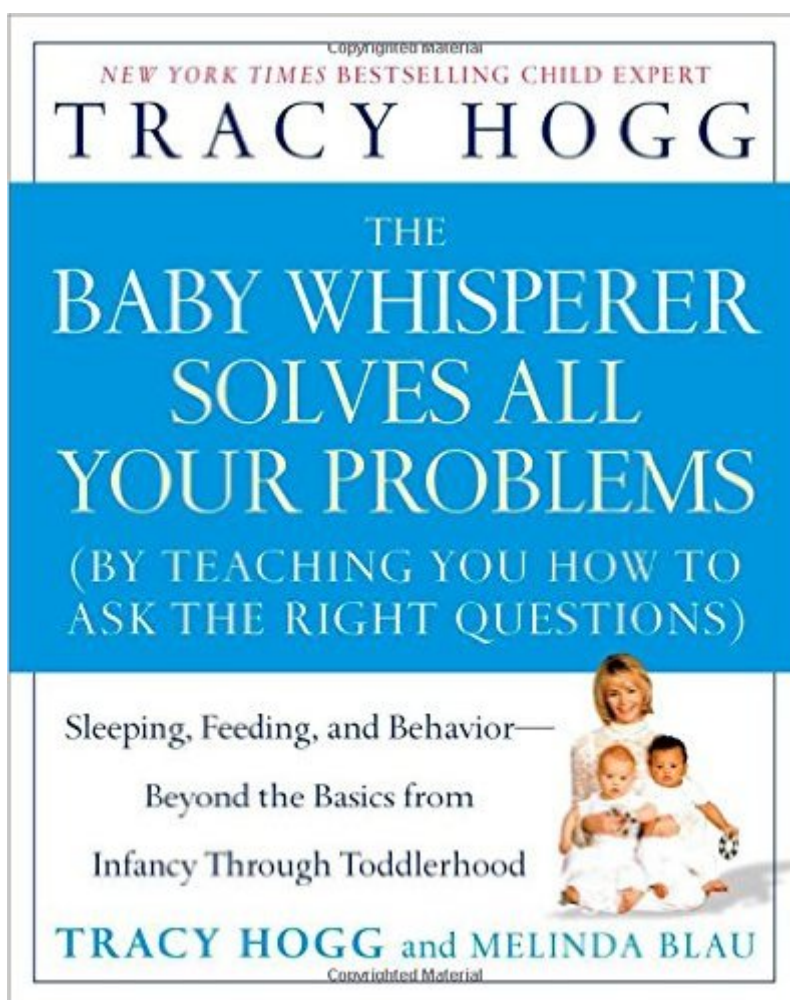


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# The Baby Whisperer Solves All Your Problems: Sleeping, Feeding, And Behavior--Beyond The Basics From Infancy Through Toddlerhood



## Synopsis

The third book in the bestselling Baby Whisperer series is "the most comprehensive, up-close, and personal to date! Thousands of parents have asked the Baby Whisperer to help them solve their problems. With this book you too can take advantage of the advice, insights, and parenting techniques from beloved child expert Tracy Hogg. "A problem is nothing more than a situation calling for a creative solution," she reminds us. "Ask the right questions and you'll come up with the right answers." Once you learn how to translate language, the "baby-language" your infant uses to communicate needs, feelings, and opinions, you can see your child for who he or she really is "an understanding that will serve you well as your child blossoms into the toddler years. By helping you establish a daily routine and tailor your parenting strategies according to your child's unique personality and stage of development, Tracy will teach you how to:

- Ask the Twelve Essential Questions to recognize potential problems and employ the Twelve Principles of Problem Solving "simple troubleshooting techniques for everyday situations
- Avoid, or remedy, accidental parenting "inadvertent adult behavior that often leads to such common parenting challenges as sleep problems, poor eating habits, separation anxiety, and tantrums
- Be a P.C. parent "patient and conscious "who knows how to detect prime times "windows of opportunity for teaching babies how to get to sleep on their own, introducing bottles to breast-fed babies, toilet training, and other growth issues
- Inhibit runaway emotions and foster his or her emotional fitness "the ability to understand and manage feelings ...and so much more.

For Tracy's fans, this book will be a welcome addition to the Hogg library; for readers unfamiliar with her philosophy of care, it will open a new world of understanding and insight.

## Book Information

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## Customer Reviews

GENERAL COMMENT: Like every baby book I read, I try to keep an open mind. You will NOT find a book that will work for ALL babies but this book worked for mine, who I think is a text book baby. SITUATION: I was going back to work and my baby was super needy at 6 weeks-- wanted to be held all the time. He won't nap if I wasn't holding him. And at night, I would rock him to sleep and put him into his crib very very gently when he has fallen into DEEP sleep. Otherwise, he would CRY. But that was my fault because I HELD him alot. This would be fine if I was a stay at home mom...but if even I was, I think it would have taken it's toll on me at some point. LIKE: I like this book because it helped with getting my baby on a good routine, nap longer, sleep on his own, and sleep longer through the night. I made my own version of the EASY plan, customize it to my baby and what worked for me...this book after all is not the BIBLE. RESULTS: By about 8-10 weeks, he was sleeping from 7:30-8 pm to about 4:30 am (with 1 dream feed). Now at 5 months, he sleeps from 8pm to about 7am (with 1 dream feed). He use to nap about 30 minutes at a time. After the plan, he started napping for 2 hours (slightly shorter now since he is older). He LIKES his crib and falls to sleep in about 20-30 minutes of laying down...without ANY fuss. And he is a happy healthy little boy who is 50% for weight and 80% for height. TRANSITION PERIOD: This didn't happen overnight. I would try for a week or two and revisit the book about a thousand time to make sure I wasn't doing it wrong. He would progress and go back to his old self and progress some more. After about 2 weeks, I customize the plan.

I bought this book after doing MUCH research and reading. At the time my daughter was 9 months old and I had managed to get in the habit of nursing her to sleep. She had to nurse to sleep for every nap and bedtime and every night waking and if, God forbid, she woke up as I lowered her into the crib, we would have to start all over again. She was up every 1.5 hours EVERY night for months, and finally I just had it. I had read books that recommend cry it out, or controlled crying but even the ones where you went in every 5 to 10 minutes and soothed the baby seemed so cruel to me, and she would get soooo upset. I have even heard of babies vomiting from this. Plus I had more than one person who did "cry it out" tell me that 1. There baby became more clingy during the day and feared/hated his/her crib and bedtime and 2. When they went on vacation or the baby got sick they would have to start CIO all over again when they got home or the baby was well again. There was no way I was going to do that more than once! So I looked for other options, one is the

"No-cry sleep solution" I loved the idea, but I didn't like how long it was going to take. I tried it for a while, but I wasn't seeing improvement quick enough (for me), I needed something that worked faster, since I was a walking zombie!! I found this book and thought I would give it a shot, I decided to give it a week and if I didn't see improvement I probably would have given up. The first night was hard (but way easier than the first night of cry it out would have been). The second night my daughter who had never slept more than 2 hours at a time at night, went 4 hours without waking to eat. On the third night she put herself to sleep all by herself with NO crying (just a little fussing) and slept for 4 hours again each stretch.

I am a pediatric nurse and a brand new mommy. With my clinical back ground, I could advise many parents on how to care for their newborns; however, when I became a mom I was thrown in the reality that you really truly can't parent " by the book"...I spent a lot of my baby's first months struggling with the " do's" and "don't's" I'd pushed on parents as a nurse because it's " what is recommended". I felt like a complete idiot because I couldn't respond to my baby and get the results I thought I should yield. I needed some gentle guidelines. I headed to the library and started grabbing parenting books. This was the last one I picked up and the first one I read. I simply cannot tell you the relief I felt as I read this book. While I do not agree with every last detail of the book, It was just what I needed to calm my fears .Now you must know that NO author, nanny, pediatrician or nurse can give generic guidelines that will work for every baby! So if you go about buying parenting books expecting them to fix your every problem, you will be disappointed with ANY book. However, if you can read the book and allow it to give you a little background information, encouragement and lay down some basic guidelines all while using your common sense, I think you'll get a lot from this book. Obviously, if you read the book and think " this will never work for my child", put the book down and keep searching! All babies are different.I was having a hard time keeping my baby on a routine and at 3 months I knew she needed some sort of consistency. After reading the book, I changed my expectations and went at the plans detailed in with an open mind. In the first day my daughter went from being fussy, hard to put down for a nap and very difficult to feed, to a happy, playful little girl.

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