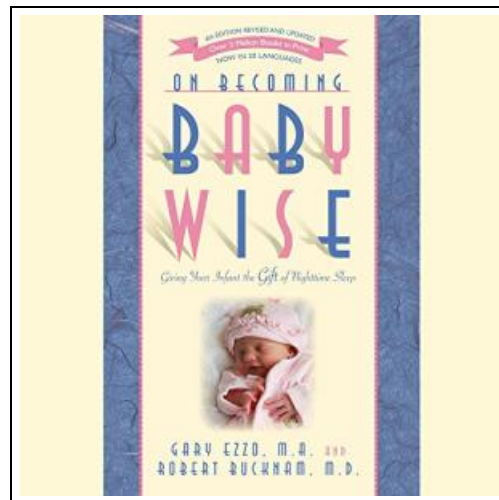


## On Becoming Babywise: Giving Your Infant the Gift of Nighttime Sleep



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## ON BECOMING BABYWISE: GIVING YOUR INFANT THE GIFT OF NIGHTTIME SLEEP



Hawksflight Associate, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. 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...



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