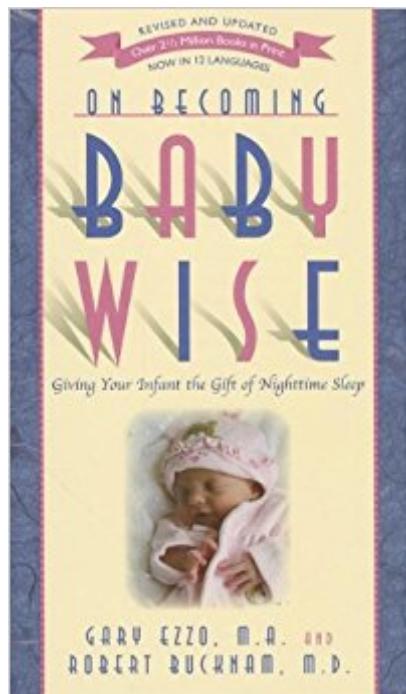


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# On Becoming Baby Wise: Giving Your Infant The Gift Of Nighttime Sleep



## 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, R.N., C.L.E. Los Angeles, California

## Book Information

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## Customer Reviews

I am not interested in Ezzo- or GFI-bashing here in this review. As a mom of three infant boys, each a little over a year apart with one more on the way, I see nothing wrong with the gist of the Babywise book. The principles for eating and sleeping work rather well if you employ them with some grace and flexibility as tiny ones require. Contrary to what you may have heard, the Ezzo's do not suggest tossing your tenderness, intuition, or creative parenting out the window--they provide some basic eating/sleeping instructions very similar to those sent home with Mom a generation ago from Dr. Spock, the pediatrician, or the hospital nurse (but not highly common nowadays due to the AAP's shift in philosophy). Such advice will not harm your baby unless you employ their methods religiously as if it is the "magic formula" to enjoying newborns. There exists no such formula--not in Ezzo, and not in the Sears or child-centered camp either. Briefly, the basic principles covered include:

1. Feeding approx every three hours
2. Trying to keep your baby awake during feedings and a little afterwards.
3. Putting your baby down to sleep before the next feeding
4. Keeping your baby on a eat-wake-sleep routine to help their hunger stabilize for faster nighttime sleeping
5. Trying not to allow babies to become overdependent for sleep on any one prop (rocking, swings, slings, pacifiers, car rides, etc)
6. Generally helping the baby's needs to fit into you and your family's routine, rather than arranging you and your family's needs completely around the baby's routine (or having none at all).

I maintain that these principles, while presented a little briskly, are not damaging to infants.

There is some valid criticism of this book, which is the reason that I only reluctantly give copies to brand new parents--both singing the praises of the methods and warning not to apply everything Ezzo recommends blindly. The basic premise is that you feed your baby when it first wakes, and wake the baby if it falls asleep before getting a good, complete feeding. Then you try to keep the baby awake--at first this will be only a few minutes, maybe just 2 or 3 minutes in a newborn. Then, while the baby is still awake, lie him or her down to sleep. The main idea is that you don't let the baby depend the breast or nipple to go to sleep--the baby learns to comfort and put herself to sleep. The theory is that babies wake naturally every few hours. With this method they have the skills to get themselves back to sleep without fully waking or waking you once, twice, three times each night. It REALLY works for most babies. I'm sure there are some babies who just don't have the temperament for this, but it worked like a charm for my baby, and for all of my friends whom I've turned on to the book. I have a five month old who sleeps 12 hours at a stretch without waking and has done so since she was 10 weeks old. Not ONCE since she was 10 weeks old has she awoken in the middle of the night, and she wakes up in the morning so happy and calm it's hard to believe. Often, she'll wake about 1/2 an hour before her usual waking time and "sing" and coo to herself in the crib. When she sees me come into the room, she is grinning from ear to ear. And despite the fact that she has just gone over 12 hours since the last feeding, she is not ravenously hungry in the morning--rarely finishes her very first bottle.

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