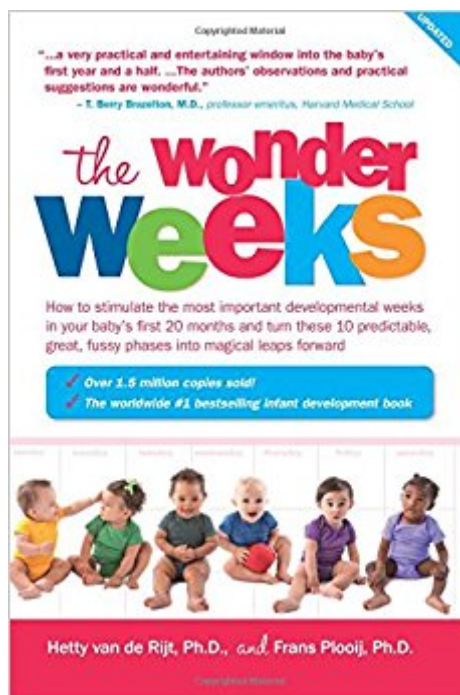


The book was found

The Wonder Weeks: How To Stimulate Your Baby's Mental Development And Help Him Turn His 10 Predictable, Great, Fussy Phases Into Magical Leaps Forward



Synopsis

“The worldwide bestseller and multiple award winning” The Wonder Weeks. How to stimulate your baby’s mental development and help him turn his 10 predictable, great, fussy phases into magical leaps forward describes the incredible mental developmental changes (leaps) and regression periods that all babies go through. Understanding the real reason behind crying, eating and sleeping problems is the only real solution every parent needs. The Wonder Weeks reveals what’s going on inside baby’s mind. The book includes: Week-by-week guide to baby’s behavior When to expect the fussy behavior, what this implies (cranky, clingy, crying (the three C’s) behavior) and how to deal with these regression periods (leaps) A description from your baby’s perspective of the world around him and how you can understand the changes he’s going through Fun games and gentle activities you can do with your child The book is based on the scientific- and parental-world-changing discovery of a phenomenon: all normal, healthy babies appear to be more fussy at very nearly the same ages, regression periods, and sleep less in these phases. These age-related fluctuations in need for body contact and attention (regression periods) are related to major and quite dramatic changes in the brains of the children. These changes enable a baby to enter a whole new perceptual world and, as a consequence, to learn many new skills. This should be a reason for celebration, but as far as the baby is concerned these changes are bewildering. He’s taken aback “everything has changed overnight. It is as if he has woken up on a strange planet. He needs you to guide him and understand what he is going through! Get ready to rediscover the world all over again with your baby |

Book Information

Series: The Wonder Weeks

Paperback: 480 pages

Publisher: Kiddy World Publishing; Updated edition (October 22, 2013)

Language: English

ISBN-10: 9491882007

ISBN-13: 978-9491882005

Product Dimensions: 5.9 x 1.1 x 8.8 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviewsÂ (613 customer reviews)

Best Sellers Rank: #1,594 in Books (See Top 100 in Books) #16 inÂ Books > Parenting & Relationships > Parenting > Early Childhood

Customer Reviews

If I have only enough money to buy one book for a new parent, this is the book I get them. I have yet to meet a parent who didn't wonder why their baby suddenly got fussy, stopped sleeping 'right' (or slept worse!), refused food, seemed to want to be held constantly... were they 'spoiled?' did we do something WRONG? AHHHH! And here, the answer - it isn't you, it is normal brain development, hang in there and watch for the fantastic new things your baby will understand in just a few weeks!! I first learned about this research back before it was translated to English, and scraped by with my sanity (and less fretting!) on just a few notes translated online. Having the book available is so much better! Being able to look ahead on the calendar and say 'oh, shoot, two weeks from now may not be a good time, hmm, adjust schedules'? So much better than being blindsided by the sudden-who-took-my-baby-and-left-me-this-changeling reaction! :) It's even nicer to be able to see how long the fussy stage is likely to last. I can hang on better if I know it isn't a permanent condition. I can't emphasize enough how useful it is (especially for first-timers) to know that I didn't do something wrong. I've had people see my baby in a fussy stage all clingy and say 'oh, do you stay home? you've spoiled him, he's not used to being put down!' and then when they find out I was working turn around and say 'oh, so he just MISSES you' - uh, guilt trips either way you go? Nice to be able to say, 'nope, just the normal fussy stage for X weeks, his brain is learning about Programs (or whatever), there's a lot of changes going on inside there!' Nothing parents need more than more sanity and less guilt.

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