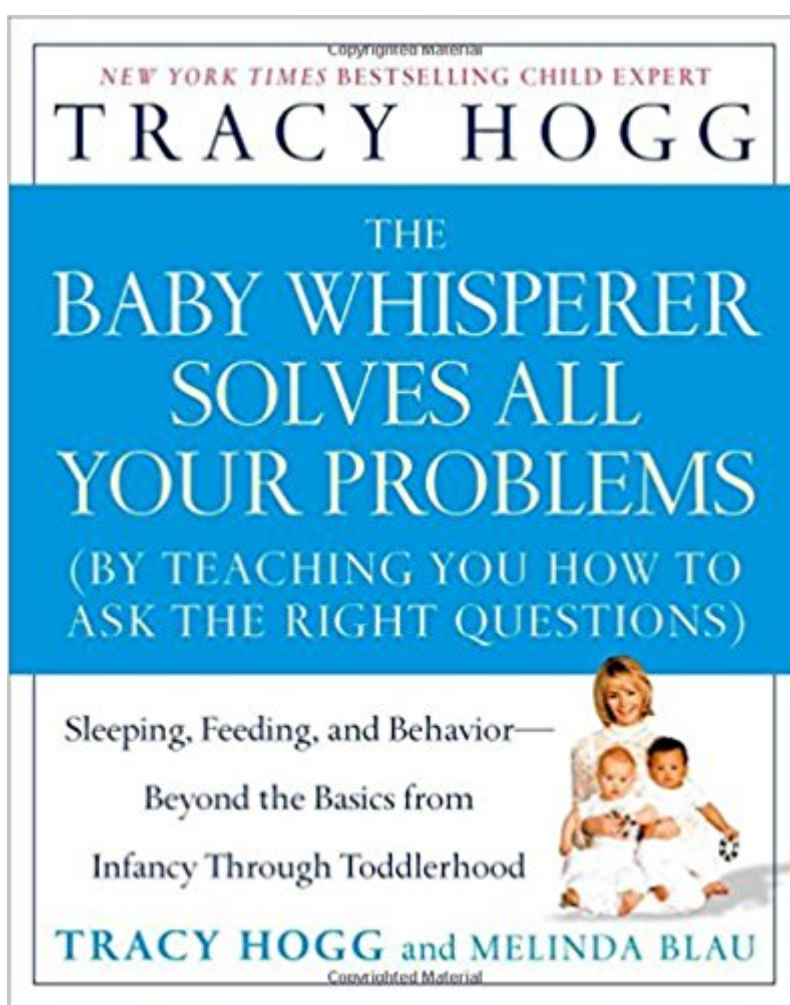


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# The Baby Whisperer Solves All Your Problems: Sleeping, Feeding, And Behavior--Beyond The Basics From Infancy Through Toddlerhood



## Synopsis

The third book in the bestselling Baby Whisperer series – 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

"The high-spirited Hogg is humorous yet relentless in her quest to help parents find out why their baby acts a certain way.... [her] followers will no doubt be delighted." -- Publishers Weekly

Tracy Hogg devoted her twenty-five-year career to helping parents understand and communicate with their babies and young children. A nurse, lactation educator, and newborn consultant, Hogg's sensible and compassionate philosophy, now translated into more than twenty languages, is known throughout the world. Melinda Blau is an award-winning journalist who has written fifteen books and more than 100 magazine articles. Since 2000, when she began collaborating with the late Tracy Hogg, Blau has been the "voice" of the bestselling Baby Whisperer books.

This book is super long for what strategies are provided.

I just happened to pick this book up off the shelf at the store one day and decided to buy it after flipping through a couple of the pages and I am so glad I did. What I realized after reading it was that having a baby had totally disrupted my life's routine and the upheaval was making me feel that not only did I have no idea what I was doing, but what I was doing was all wrong and going to irreversibly damage my child and there was nothing I could do about it. This book (and the original Baby Whisperer book) put me back in control of my life and my household. By setting up a routine that everyone could live by, I managed to get some time back for myself. I began to understand what my son needed from me and how to meet those needs in a way that wasn't going to require me to be a total self-sacrificing saint. My son was falling asleep on his own, sleeping through the night, having regular 1.5 to 2 hour naps, eating solids like a pro...a dream come true. An added side benefit was that I became a pretty confident parent and was able to stand up to well-meaning grandparents who wanted me to raise my child the way they had raised theirs. I still reference this book now that I'm on my second child and I've given it away as a gift so - heck yes I would recommend this book.

I bought this book for my sister and her husband after spending hours reading reviews and trying to

find a easy to navigate book that doesn't drag on (new parents barely have time to sleep and shower much less read extensive directions!) and delivers results without being a regurgitated version of every other baby book out there. I had it shipped as a gift to her and received quickly. Her husband was cynical of advice in the book, but sister reported that after 2 minutes and miraculous results leaving her in tears of joy, he started asking "What does the book say?" when encountering a new challenge. This book will now become a standing order when invited to baby showers...just in case new parents need this little baby bible!

I love her information regarding different children's temperaments, but I do think the pick up put down method is very difficult to follow. I am very patient, and even I had trouble (and got a bad back from trying to do it). I don't think it necessarily works for every temperament, or maybe it just take a lot longer for some. Regardless.... my son is still only sleeping three hours at a time, so I'll keep doing my research.

I tried this method and it was emotionally harder for my daughter than the actual Cry it out method. I won't do it again.

Best thing I ever did was buying this book. I read it when my baby was 2 months old and was sleeping only 3h a day. She was exhausted and fatigued, and I was desperate. After 2 weeks of applying these methods she became an angel baby, happy and well rested all the time. Now we have a routine and she is napping 7h a day, and sleeping 10-11h a night. I highly recommend!!!!

My baby is very strong willed and this supposedly "no crying" approach made him cry for 2 hours straight for about a week. I gave up on this and tried the cio methods of the sleepeasy solution. It was harder to not console him as much, but he fell asleep and now rarely cries before going to bed on his own. Naps are a different story. If your baby is as strongwilled as mine he will only get angrier and cry harder and longer with the baby whisperer ideas.

When my oldest son was born I read several books on raising babies to get some idea of what I was doing. One of the books I read and really liked was Tracy Hogg's The Baby Whisperer book. Her middle of the road approach made a lot of sense to me so I tried to implement her ideas.

Unfortunately that first book, while giving a good description of her overall philosophy and approach, did not really get into the nitty gritty of the endless "what happens if..." situations that come up

during baby's first year. I still tried to implement as much of what she said as possible, but a lot of it just did not seem to work so for the most part I just winged it. Seven years later when my OB informed us we were going to have twins I knew that winging it would not work unless I planned on spending sometime in a mental institution as part of my recovery. Thank the Lord I found this book! Tracy's philosophy and approach are still the same, but all the little nuances are fleshed out much more clearly. For example, in the first book she talks about putting your child on EASY as soon as you get home and the EASY she usually talks about is three hours. That NEVER worked for my older two children as they would get hungry much sooner, but I could not figure out why. In this book she explains how EASY works by the pound, how children under a certain weight (8 lbs I think) can't go three hours, and what to expect at each weight up to a certain point. SOOOOOO MUCH MORE HELPFUL!!!!One other thing to mention, this book is not a book of quick fixes and easy answers. It tells you how to train your baby and adapt your routine to the circumstances you are currently in, and training and adapting takes time. When I first started using some of her techniques (i.e. the shush pat) I felt like they were doing no good and wanted to give up. I am so glad I did not. It was not always fun to carry out the technique the way she suggests (i.e. shush patting for 20 minutes when they pull a 45 minute nap, for both twins!) but sticking through has taught my precious babes how to sleep well at night and for naps along with countless other things. The first few months were very hard and full of tears (theirs and mine) but thanks to the work I put in, now at 4 months I am getting more sleep and feeling more sane than I EVER did at this stage with either one of my older two! To quote a title from one of the chapters "EASY is not always easy, but it works" and the techniques in this book are not always easy, but they work!One more side note...there is a fabulous on-line community associated with the baby whisperer philosophy at [...]. The message boards and FAQ really help flesh this stuff out!

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