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# The Baby Book

*Everything You Need to Know About Your Baby  
from Birth to Age Two*

REVISED AND UPDATED



**William Sears, MD, Martha Sears, RN,  
Robert Sears, MD, and James Sears, MD**

*Authors of *The Pregnancy Book* and *The Portable Pediatrician**

William Sears

**The Baby Book, Revised Edition: Everything You Need to Know About Your Baby from Birth to Age Two (Sears Parenting Library)**



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America's bestselling "baby bible" -- an encyclopedic guide to the first two years of your baby's existence. The million-duplicate bestseller by "the man who remade motherhood" (Period) has now been revised, expanded, and brought thoroughly up-to-time -- with the most recent information on from diapering to day time care, from midwifery to hospital birthing rooms, from postpartum nourishment to infant development. The topics covered consist of: preparing for a safe and healthy birthbonding together with your babyfeeding your baby rightsoothing your fussy babygetting your child to sleepunderstanding your baby's developmenttreating common illnessesbabyproofing your homeunderstanding toddler behaviordealing with temper tantrumstoilet trainingworking parentingfirst-aid proceduresand very much moreUnrivaled in its scope and authority, The Baby Book presents a practical, contemporary approach to parenting that reflects just how we live today. Their publication is a rich and invaluable resource that will assist you get the the majority of of parenting -- for your son or daughter, yourself, and for your entire family. The Searses pull from their huge experience both as medical professionals and pas parents to provide comprehensive information on virtually every aspect of infant care. The Searses acknowledge that there is no one way to parent a baby, and they provide basic guidance and motivation you have to develop the parenting design that bests fits you and your kid. The Baby Book focuses on the fundamental needs of infants -- eating, sleeping, development, health, and comfort -- since it addresses the questions of best concern to today's parents.



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Not a bad book - but it is extremely one-sided should not be the only baby treatment book that you read. I am approximately halfway through this tome about baby rearing. This book is a baby bible- it covers anything and everything- good to skim initially and continue reference for when you need it. After digesting all that I've read so far, I've some mixed emotions about the book. The more I read, the even more I realize that this is really just one man's quite strong opinion on how best to raise an infant seemingly predicated on his experience watching his wife increase their 8 children (his book focuses 90% of that time period of the mother's part). To his credit, he's also a pediatrician. It could be infinitely more helpful if the authors used bullet-points + other strategies that helped visitors remember the info more quickly. they don't get that sort of training in medical school. While he claims that his assertions have already been researched, the majority are stated as an individual opinion. My biggest complaint with the publication, is many of practices he advocates look like they would be very difficult to follow for anyone who does not have a flexible working arrangements (or didn't work) in which they were able to spend significant amounts of time with their child during the day and night. I've submitted a few of the themes that will be repeated and restated throughout this book again and again. Consider how reasonable it will be that you can follow these themes before purchasing this reserve. Also if you choose the audio reserve the narrator can be dreadfully boring. Full disclosure, I'm going to be a first-time mom, therefore I haven't put any of these child-rearing theories to the test. The book offers very little guidance for dads and almost all the suggestions involves "supporting your wife" by stepping in to give her a break while she does the majority of the care and attention. I've also ordered the Mayo Clinic: Guidebook to Your Baby's First Year as I loved their pregnancy guide and also have heard that publication is similar. 2) You are planning on breastfeeding - and We don't mean, pumping. Bottles are tolerated in this reserve (eventually) but not at all shape or type embraced. There is quite little discussion of various other options except in one small portion of the book. However, it takes 1 month of advance preparation and then can take several times of day time of pretend breastfeeding for 4 months to finally produce a minimal way to obtain breast milk (not enough to actually supply the baby with adequate nutrition). That is, if it works at all. But prepare yourself to puke in your mouth. It is good to learn updates on kid care. If you can't afford to stay at home with the baby or are the kind of one who WANTS to get back to function after expecting your first recommendation will be to find a work where you can consider the baby to work with you. More specifically, the guidance is to \*wear\* the baby at work with you in a sling. Keeping an infant in a sling is Sears' advice to pretty much everything. Clean houses for a full time income? Great, wear the infant in a sling to function and keep on! Your employer will admire your commitment. Someone gave my hubby the Baby Owner's Manual which he has found straightforward and useful. Sears recommends certainly wouldn't function in my household, but the most important take away is "trust your instincts". (I believe I simply puked in my mouth. Not simply you actually. Extensive, informative, and ideal for all parents! This reserve certainly presents up one particular strategy and I really do not really regret having go through it; I'm just trying to learn whenever you can prior to the baby comes therefore I can find a strategy that works best for me. who gets the time to read a 700 page book with a child?. Bring the three-month-outdated along in a sling, everyone in the area with be impressed together with your mad baby-wearing skills. Should you have a child care service provider, you should insist that they also wear the infant for \*at least\* 3 hours out of the day time. 5) Cosleeping in your bed is crucial for you personally. Chapter after chapter discusses sharing a bed together with your infant. If you are a adoptive mom there exists a section for you on how best to breastfeed. Eventually, Sears will tell you not to feel guilty if you can't cosleep but after reading chapter after chapter where in fact the only option he discusses is cosleeping, it's inadequate too past due. 6) You have expendable income. Some more bits of practical guidance from the publication: Your birthing encounter will be so much better if you hire a doula or midwife. Getting a housekeeper will give you more time to worry about the baby and not the dirty toilet. Not working will allow you to breastfeed on demand for at least the 1st two years of your child's life (although you might want to consider taking 3 years off if the child isn't fully ready to wean until age three)." So glad I was recommended this reserve! It's not so very much that I disagree with the bulk of the ideas - I really do plan to breastfeed, have a sling all set for baby wearing and I'm lucky to be able to take an extended time off work to invest with the baby - it's just that so several points are belabored again and again and once more while alternatives are lumped jointly and given lip program in one chapter. I am pleased that I've this publication

as a reference but I'd not want it to end up being my only reference. I believe most parents would reap the benefits of having another, more objective and comprehensive baby reserve to check this one, particularly if someone other than the breastfeeding mom wants something to read. Your job won't enable you to wear your baby to work? See point 2 for adoptive mothers. Think about this book if: 1) You are the child's birth mom. If the infant starts to fuss, it is simple to breastfeed from the sling while on Television. No issue, stick that small sucker in its sling and carry on. However, I'd not contemplate it a stand-alone reference. I didn't desire a book full of one parent's experiences but one which also had professional medical backing. 2) the most recent version of the book seems to be from 2013 and in a few regards it currently feels dated. It's mild using its thoughts and approaches. I only have two complaints: 1) everything that's being stated in this reserve could possibly be said in 1/2 or 2/3 of its size. I find myself having to skim-read a whole lot partly because the book hasn't been written / edited to a condensed style (which will be so far better for brand-new parents; The black tie affair, speech and Television interview are actual illustrations from the reserve of items the doctor's wife did over the years. Super helpful and super narrow-minded This book (and their others) are very positive and encouraging generally, a warm and uplifting contrast to some books that are more clinical and cold. Even as a first time mother or father, I don't need the thoughts to be "chewed" for me. Though he then claims in the reserve that you should hardly ever ask pediatricians parenting suggestions; wonderful approaches to raising my baby I am reading different books which one we like a whole lot. (It's amazing how fast the world is changing.) Fantastic resource for fresh parents A comprehensive information and great reference publication for the first two years of your child's life, specifically if you are looking at attachment parenting. I like to consider myself a reasonably relaxed parent and open-minded person and I can't even let you know how helpful this book has been. Certain stuff that Dr. Sears (and his wife, Martha Sears) is certainly a vaccine skeptic and has been accused of medical carelessness by the Medical Panel of California. I know that the reserve isn't designed to be go through in its entirety but if it had been cut down more, one could do this) and partly since it is written in that "slow" manner. So I perform recommend reading it. Big disclaimer, it is all for attachment parenting. But at the same time, be prepared for its oppressively narrow watch of gender roles. It's unfortunate, because they execute a great job of acknowledging that stuff will be different predicated on the uniqueness of \*the baby\*, however they do a terrible job of acknowledging the uniqueness of \*the parents. Obtain invited to a black tie affair? Excellent fundamental book for a fresh parent. For instance, at one stage, they suggest that fathers could use a "memory phrase"— "TIDY", which means "take inventory daily yourself" to keep in mind to clean the house when mother and baby are recovering. Not absolutely all of the book is awful, I did learn a small number of issues I got no idea about but there is just too much push on issues they did that might not be how many other wants to do. Recommended simply by a nurse leading the baby class Recommended by a nurse leading our baby class. There are also options of jerry-rigging dad to "breastfeed" if mom is not around. Have a speech to deliver for 150 specialists or obtaining interviewed on tv? I've browse the infant-specific sections but possess skipped over most of the toddler sections for the present time. Some have stated it is extremely opinionated and one-sided but I disagree. Dr. Sears lays out so many different topics and consist of all of the options and point of views related to it. There are some "we recommend" 's, however the overall theme of the book is "Listed below are the multiple choices available- do what is most effective for you. As you can see this publication offers one very specific and very intensive parenting style. The good makes up for the bad in most parts. It's an excellent book, but too thick to read cover to cover for me, so this could become even more of a go-to for reference. To prep for birth I browse HypnoBirthing - The Mongan Method (despite the fact that I don't fully subscribe to this method, just made me feel self-confident and empowered while being a quick read) and The Good Birth Companion by Natalie Croft. Among the authors can be an anti-vaccine I am about halfway through this publication and so far really loved it. I'd have liked to hear more about newborn levels and birth but there wasn't a lot about that. Awesome! I'm pretty sure this is due to a narrow Christian/Western/Evangelical watch of gender functions. As

additional reviewers have stated, I could see somebody feeling a lot of guilt and failure as a mother or father if this was the only baby reserve you read and tried to follow. The voice is indeed monotone that It had been hard to give consideration and I would need to go back and listen once again after I found myself not paying attention. Good book for babysitters Things have changed just a little since my children were born.3) You have the methods to make the infant your priority 24/7 for a substantial time period. The book is approximately a few doctors experiences with raising their kids as well as becoming doctors to newborns. Has everything about everything Excellent Book - Especially for Attachment Parenting My daughter loves this publication (and the pregnancy/birthing publication) - total the overs. It's very thorough and keeps a feeling of sacredness and reverence because of this amazing process at the forefront. Nevertheless, it discuss developmental milestones, behavioral issues, touches on medical problems, etc.) There are frequent spots where in fact the tone gets quite condescending like this. Informative Nice book we enjoyed it Meh This book has very strong opinions about how to improve your child. I like the doctors Sears' even more gentle, natural approach to baby care/parenting. finding out one of the authors is definitely anti-vax has produced this reserve un-trustworthy in my own eyes. And, of program, if you plan on baby wearing or co-sleeping this is the bible of baby books. Unfortunately, it has \*completely\* tainted the publication for me. One of the factors I was attracted to this reserve was because of it's apparently credible authors. I do feel like it really is priced extremely reasonably considering its heft and offers plenty of useful sections that it has a place in my own library..4) Following stage 3 - babywearing in a sling is crucial for you throughout your waking hours. HOWEVER, I recently discovered that among the authors (Dr. Comprehensive baby book This book is excellent, and it's really so comprehensive! I thought it had a lot of good techniques and that the entire method of child-rearing was in-line with my own. I love the emphasis on attachment and how to achieve secure attachment.



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