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AUTHOR OF THE NEW YORK TIMES BESTSELLER
SECRETS OF THE BABY WHISPERER

TRACY HOGG
WITH MELINDA BLAU



SECRETS OF THE
BABY
WHISPERER
FOR
TODDLERS

THE RUNAWAY NEW YORK TIMES BESTSELLER

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SECRETS OF THE
BABY
WHISPERER

HOW TO CALM, CONNECT, AND
COMMUNICATE WITH YOUR BABY

"A reassuring guide for new parents...one that calms the baby and
restores peace to the household." —*USA Today*

Tracy Hogg

Secrets of the Baby Whisperer / Secrets of the Baby Whisperer for Toddlers



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The groundbreaking guides that help parents connect and communicate with their very young children SECRETS OF THE BABY WHISPERER When Tracy Hogg's Secrets of the Baby Whisperer – Parents everywhere became “to their newborns, amazed that they could actually talk to their baby within weeks of their child’s whisperers” because a happy baby sleeps through the night. Tracy gave parents what for a few amounted to a miracle: the capability to understand their baby’s developing on schedule’s existence—s birth. Concerned that your two-year-old isn’t a lot more than twenty years of knowledge. SECRETS OF THE INFANT WHISPERER FOR TODDLERS Unnerved by the ceaseless needs of your child? Now you too can benefit from Tracy’s Tracy also dispelled the insidious myth that parents must move sleepless for the 1st calendar year of a baby’s Tracy Hogg has given parents a great gift— Useful, reassuring, and written with wit and energy and boundless enthusiasm for actual kids and their everyday behavior, this reserve will be your constant companion during the magical, demanding toddler years.” You clearly have to spend time with Tracy Hogg’s ability to develop early insight to their child’s temperament’s every coo and cry so that they could inform immediately if the baby was hungry, tired, in real distress, or simply in need of just a little TLC. was first published, it soared onto bestseller lists across the country. Los Angeles Family



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I wish We had this sooner!! This book ought to be directed at ALL pregnant ladies! The reserve was supposed to support patents, but somehow I felt my period had not been respected. I acquired gotten into the habit of nursing them to sleep and CONSTANTLY keeping them, which proved helpful until they began gaining weight. During the night he was up 4-7 times in an 8 hr period of time. But I'm not convinced that babies ought to be put in the problem where they cry desperately. Then 2 other twin moms suggested this publication. I followed it, and in 3 days I went from being a human being pacifier with a poor back to a lady who has time to write an assessment, AND shave my hip and legs! I like that I can sleep train without crying it out. Realistic rather than strict like some other books. (Of training course they could just buy the 1 cent publication off Amazon and go through and follow it themselves. I liked the author's voice and found the book an instant read. He just didn't learn how to self soothe himself to rest. I work as a postpartum doula (aka 'Baby Nurse'). This book is my textbook and I would recommend it to all or any my mommas and also have used its principles for the infants with consistent success. The bottom line is, Tracy Hogg's recommend a simple program that begins with consuming, accompanied by activity (playtime), and nap. This routine is repeated every 2-4 hrs. You will know what baby is certainly crying for if she is on a routine and you know that since you simply fed her, what she is crying for isn't more food, but most likely sleep! Tracy's mantra is 'Begin while you mean to go on.' If you want your 8 month aged baby to sleep just in mommas arms, do it when they're 1 wk older! Sleep training without CIO As I write this, my baby is taking a nap that she place herself to rest for !There is no crying-it-out or heartless rigid schedules, but neither will there be a 'baby's running the show' and momma's surviving on 2 hrs of sleep during the night. If it is bedtime for baby, Tracy recommends a simple technique called 'Pick-up-put-down', where whenever baby cries, you pick her up only until she stops crying, after that put her back in bed instantly. After doing this more than enough times, baby gets exhausted and falls asleep. In a few days of doing this consistently, baby need less and much less of this, until she actually is contentedly soothing herself to settle her very own crib. It has eliminated so a lot of the guesswork, I usually know why she actually is crying and how exactly to fix it. And for me, it pays! People can pay \$200 a day to have me stay in their house and sleep teach their baby! Purchase this for all your friends... Then the slightest disturbance would wake him back again up and he didn't learn how to drift back to sleep.) One baby I helped was a 7 month outdated, breastfeeding baby boy. He was nursing on demand, sleeping only 20 min max at the same time throughout the day. I knew I wanted to sleep teach them, but our doctor stated "No, they don't weigh enough" (at 11lbs). His momma was ragged and exhausted as she tried to satisfy his needs while maintaining a 3 yr outdated and assisting with the family business aswell. She's a happier baby on this routine and I'm a happier mama! This book is crucial for anybody who cares for newborns! He knew only how to nurse himself to sleep. But some people can afford to pay someone to help, and I'm happy they hire me! Well, using the pick-up-put-down solutions to put him back off in bed, coupled with a good routine as reported by Tracy Hogg, by the end of weekly, this little guy was taking 1 lengthy nap (2.5 hrs) and 2 shorter 45 min- 1 hr naps during the day and sleeping a good 11 hrs during the night! This is today my go-to present for new moms. I understand this will only get better for us as he grows old and can't be even more thankful for the sanity this advise provides provided our family! Best \$5.99 ever spent! Lifesaver This book was recommended to me by an L& It switched my disastrous newborn household around in a few days. Readable and works! There is still crying involved of program, because learning a new skill is frustrating. Nursing continuously and wouldn't rest anywhere however in our arms or on our chest at night (we had to take shifts just to get 3-4 hours of "interrupted sleep". After realizing

which kind of child we have regarding to Tracy's descriptions and softly working with him, he's today sleeping in his crib for naps (1. Doesn't add much I purchased this based on prior reviews but must say I am disappointed. One Star Waste of time. Not life changing, but exciting easy read I really enjoyed this easy browse of a publication. And he previously a rested, happy momma. Actually if for few nights. With our oldest son, we reluctantly determined the "cry it out" method after weeks of no results and even though he's now sleeping great, we're able to have avoided everything together if we began MUCH earlier and encouraged good practices. The techniques described in this book are painless and worthy of enough time and energy to learn and practice.D Nurse. But if you wish to be able to lay baby down in the crib and leave him to peacefully drift off for naps and bedtime, you need to get them used to doing it right from the start. =(This book totally solved our problem and helped us to identify what we needed to change. If anything, the publication helped us to understand the type of baby we'd and subtle ways to help our family deal with his requirements better. I wanted to instruct her to drift off on her very own but needed a different strategy, and I felt she was ready as well. We started the "pick up deposit method" four days ago with among her naps, and after picking right up and putting down about 10 situations, she fell asleep on her behalf own. We had been exhausted with a new baby who we saw was heading in the same path as our oldest with the same signals of sleep problems. The book is created in a sarcastic tone which makes you feel as if you are a full idiot parent and so any helpful tips that this woman is trying to convey is lost because of her disparaging tone. last night I put her in her bassinet and after minutes of looking around, she put herself right to sleep! It's been a lifesaver to not spend an hour putting her down for every nap. I also have been following the EASY routine - I have no idea how parents perform it without that routine! I will say, not merely does this stuff make sense, it works. He was a chubby 21 lb bundle of smiles, so there was not an issue of food cravings going on. Very good Best book for fresh mommies. My ladies are 5 months, but I wish I had this from day 1!! Although some of the authors suggestions are a bit unusual, over-all, I enjoyed her style and approach to child rearing. We had found ourselves with a baby that could not sleep anywhere but in our chests. This book, a wine, and a gift card for coffee. I have no idea that some of her techniques actually changed our lives considerably (her EASY approach being similar to the babywise technique we had been already loosely following). My back again, arms and throat were eliminating me and I was frustrated to tears, but I couldn't bring myself to let her just cry it out. Would recommend it! Personally i think like it is balanced and logical. Just 4 times ago, my daughter would have to be rocked, bounced, walked and jiggled to sleep for each and every nap, and all night before bedtime. It didn't look much not the same as cry it out approach finally. I bought this book before our 2nd child arrived but didn't actually read it until he was about 5 weeks old. This method worked wonders on my 8 month old! Where do I begin! Strongly suggested to any parents-to-be (rookies and on). I wish I read this publication before our first child as it could have preserved us from weeks and months of rest struggles! And he was so much happier--no even more fussy, fussy. I wished the publication was several times shorter. I've twin women who were born 7 weeks early. There were very useful tips and ideas, but overall the sleep training idea sounds more like a torture. We tried two-three days and gave up. 2 days after finishing it our 2 month aged slept the whole evening in her bassinet and only woke up once for a feeding! after handful of moments of putting the baby right down to the bed and picking her up, she was hysterical and did not calm down at all. Yes, read the cues and learn to understand your child, as the publication recommends, all this was really useful. I didn't consider ferberizing them.!5+ hour each), and sleeping there at night (only waking up 1-2 situations for feeding). But with this method I felt better knowing I was continuously reassuring her and

supporting her. There are various other books out there that don't cause you to feel MORE stressed so I would purchase those instead. It only took 3 days! Kept using examples and i want answers



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