

INTERNATIONAL BESTSELLER

TRACY HOGG  
WITH MELINDA BLAU

# 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: How to Calm, Connect, and Communicate with Your Baby



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"TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT—Angel, Textbook, Touchy, Spirited, or Grumpy—s temperament."s) in only three days. In the centre of Tracy's Secrets of the infant Whisperer was initially published, it soared onto bestseller lists across the country. Now you too can benefit from Tracy's whisperers" with their newborns, surprised that they could actually communicate with their baby within weeks of their kid's birth. • E. Tracy also dispelled the insidious myth that parents must proceed sleepless for the 1st season of a baby's life—just because a happy baby sleeps through the night. Parents just about everywhere became "s a lot more than 20 years' experience. •s every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or simply in need of just a little TLC. A.s 3 Day Magic—Y.—how to get baby to consume, play, and rest on a plan that will make every member of the home'how to change every negative traits (yours and the baby' In this groundbreaking book, she shares simple, accessible programs where become familiar with: • S.L. •—W. how exactly to interpret what your baby is trying to let you know (and that means you don't and then learn the ultimate way to interact with that type. O. How to identify which kind of baby yours is—the ability to develop early insight into their child't try to feed him when this individual really wants a nap). Tracy provided parents what for a few amounted to a miracle: the capability to understand their baby' Tracy's.s existence easier and happier.—Los Angeles Family When Tracy Hogg's simple but profound message: deal with the baby as you want to be treated yourself. Reassuring, down-to-earth, and frequently flying in the face of regular wisdom, Secrets of the Baby Whisperer promises parents not only a healthier, happier baby but a more relaxed and happy household as well.



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I wish We had this sooner!! This routine is repeated every 2-4 hrs. I have twin girls who were born 7 weeks early. I got gotten in to the habit of nursing them to rest and CONSTANTLY holding them, which worked until they began gaining weight. You will know what baby is usually crying for if she is on a routine and you know that since you just fed her, what she is crying for isn't more food, but probably sleep! I didn't consider ferberizing them. Then 2 other twin moms suggested this publication. But I'm not really convinced that babies should be put in the problem where they cry desperately. I wanted to teach her to fall asleep on her very own but required a different approach, and I sensed she was prepared too. The methods described in this publication are painless and worth the time and energy to learn and practice. Just 4 days ago, my girl needed to be rocked, bounced, walked and jiggled to rest for each nap, and for hours before bedtime. This reserve, a bottle of wine, and something special card for coffee. My back, hands and neck were killing me and I was discouraged to tears, but I couldn't bring myself to let her just cry it out. I work as a postpartum doula (aka 'Baby Nurse'). This publication is certainly my textbook and I would recommend it to all or any my mommas and have used its principles for the infants with consistent success. In a nutshell, Tracy Hogg's recommend a straightforward program that begins with consuming, followed by activity (playtime), and then nap. This book should be given to ALL pregnant ladies! I knew I needed to sleep train them, but our doctor stated "No, they don't weigh enough" (at 11pounds). Tracy's mantra is 'Start while you mean to go on. My husband and I had found ourselves with a baby that would not rest anywhere but on our chests. There were very useful tips and ideas, but overall the sleep training idea sounds more like a torture. Very good Best book for fresh mommies. 5 hrs) and 2 shorter 45 min- 1 hr naps during the day and sleeping a solid 11 hrs at night! After doing this enough occasions, baby gets tired and falls asleep. There are additional books on the market that don't make you feel MORE stressed therefore i would purchase those instead. And he had a rested, content momma. He just didn't learn how to self soothe himself to rest. Doesn't add much I purchased this predicated on prior testimonials but must say We am disappointed. (Of program they could just buy the 1 cent publication off Amazon and go through and follow it themselves.. Then your slightest disturbance would wake him back up and he didn't understand how to drift back to sleep. But some people can afford to pay someone to help, and I'm happy they hire me! With this oldest boy, 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 previous and encouraged good practices. I likewise have been following a EASY routine - I don't know how parents perform it without that schedule! At night time he was up 4-7 times within an 8 hr period of time. His momma was ragged and exhausted as she attempted to satisfy his needs while keeping up with a 3 yr previous and assisting with the family members business as well. I know this is only going to get better for us as he grows old and can't be more thankful for the sanity this advise offers provided our family! And for me, it pays! He understood only how to nurse himself to sleep.. It has been a lifesaver to not spend an hour placing her down for every nap. If it is bedtime for baby, Tracy recommends a straightforward technique called 'Pick-up-put-down', where whenever baby cries, you select her up just until she stops crying, after that put her back in bed immediately. And he was therefore much happier--no even more fussy, fussy. I will say, not merely does this stuff seem sensible, it functions. But with this method I felt better knowing I was constantly reassuring her and supporting her. 99 ever spent! We started the "grab deposit method" four times ago with among her naps, and after picking right up and putting down about 10 moments, she fell asleep on her behalf own. I desire I read this reserve before our first kid as it would have saved us from weeks and months of sleep struggles! I

bought this book before our 2nd kid arrived but didn't actually go through it until he was about 5 weeks outdated. We were exhausted with a new baby who we noticed was heading in the very same path as our oldest with the same signals of sleep problems. Nursing continuously and wouldn't rest anywhere but in our arms or on our upper body at night (we had to take shifts just to obtain 3-4 hours of "interrupted sleep". Sleep training without CIO As I write this, my baby is taking a nap that she place herself to rest for !5+ hour each), and sleeping there at night (only getting up 1-2 occasions for feeding). It just took 3 times!! He was a chubby 21 lb bundle of smiles, so there was not an issue of food cravings going on. It switched my disastrous newborn household around in a few days.)One baby I helped was a 7 month aged, breastfeeding baby boy. My ladies are 5 weeks, but I want I experienced this from day 1! HIGHLY recommended to any parents-to-be (first timers and on). After recognizing what type of child we have regarding to Tracy's descriptions and softly working with him, he is right now sleeping in his crib for naps (1. Buy this for all your friends. This book is a must for anyone who cares for newborns! I like that I could sleep train without crying it out. Where do I begin! There is still crying involved of program, because learning a fresh skill is frustrating. Best \$5. last night I put her in her bassinet and after minutes of searching, she put herself right to rest! Well, using the pick-up-put-down solutions to put him back down in bed, coupled with a good routine as reported by Tracy Hogg, by the finish of a week, this little guy was taking 1 lengthy nap (2. He was nursing on demand, sleeping just 20 min max at a time during the day. Easy to read and works! She's a happier baby upon this routine and I'm a happier mama!There's no crying-it-out or heartless rigid schedules, but neither is there a 'baby's running the show' and momma's surviving on 2 hrs of sleep during the night. Realistic and not strict like some other books. Not really life changing, but exciting easy read I really enjoyed this easy go through of a book. Although some of the authors concepts are a bit unusual, total, I enjoyed her design and method of child rearing. Personally i think like it is balanced and logical. I appreciated the author's voice and discovered the book a quick read. We attempted two-three days and quit. If anything, the publication helped us to understand what kind of baby we had and subtle ways to help our family members cope with his needs better. Would definitely recommend it!' If you would like your 8 month aged baby to sleep only in mommas arms, do it when they're 1 wk previous! =( This book totally solved our problem and helped us to identify what we had a need to change. 2 days after finishing it our 2 month outdated slept the whole night in her bassinet and just woke up once for a feeding! It provides eliminated so much of the guesswork, I always know why she is crying and how to fix it. This method worked wonders on my 8 month old! Lifesaver This book was recommended if you ask me by an L&D Nurse.! That is now my go-to present for new moms. I wished the publication was several times shorter. The book was supposed to support patents, but somehow I felt my time had not been respected. But if you want to have the ability to lay baby down in the crib and keep him to peacefully fall asleep for naps and bedtime, you need to get them used to doing it right from the start. I don't know that some of her techniques actually changed our lives considerably (her EASY approach being like the babywise technique we were currently loosely following). The publication is created in a sarcastic tone which makes you feel as if you are a total idiot parent therefore any helpful advice that this female is trying to mention is lost due to her disparaging tone. after handful of moments of putting the baby down to the bed and choosing her up, she was hysterical and didn't calm down at all. Yes, browse the cues and figure out how to understand your child, as the book recommends, all this was really useful. I followed it, and in 3 times I proceeded to go from being a human pacifier with a bad back to a lady who has period to write an assessment, AND shave my hip and legs! Actually if for few nights. People will pay \$200

a day time to have me stay in their home and sleep train their baby! It didn't look much different from cry it out approach finally. In a few days of doing this consistently, baby need less and much less of this, until she is contentedly soothing herself to sleep in her own crib. One Star Waste of period. Kept using good examples and i need answers



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