

"New parents will enjoy this poetic celebration about the love that grows in your heart when you've gained with a new baby. Dr. Hamilton is a gentle and experienced father and physician, and he has filled this sweet book with practical tips and sage insights that inform and delight."

—Harvey Karp, M.D., author of *THE HAPPIEST BABY ON THE BLOCK*

# 7 Secrets of the Newborn

SECRETS AND (HAPPY) SURPRISES  
OF THE FIRST YEAR



*Foreword by Patricia Heaton*

**Robert C. Hamilton, M.D.**

Creator of the "Hamilton Hold"

**with Sally Collings**

*Robert C. Hamilton M.D. and*

## **7 Secrets of the Newborn: Secrets and (Happy) Surprises of the First Year**



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From the pediatrician who became an Internet sensation with the "Hamilton Hold" in a YouTube video about how exactly to calm a crying baby, comes a one-of-a-kind resource to guide you through the earliest occasions of your child's life and help you to mother or father with common sense and confidence. , has spent more than three decades looking after newborns. Hamilton, M. In his practice, Dr. Robert C.D. Bob provides seen it all? what functions, what doesn't. How will you get your baby to nurse, rest, and maybe even cease crying? What essential decisions will you make through the first season for your child, yourself, and your partner? What strategies will help you connect and communicate with your infant? Right here, Dr. Bob shares his obvious, sensible, warm information as well as all the most recent scientific data and study on how to:

- Offer convenience to a crying newborn using the "Hold"
- Softly teach your baby how exactly to sleep (and get some rest yourself)
- Establish healthy patterns
- Breastfeed, formula-feed, or bottle-feed using either
- Play!
- Manage screen amount of time in your real estate
- And more to assist you navigate the unforgettable first year of your kid's life.



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Terrific book for brand-new parents I wish this book have been away before our baby was born. She had exceeded through a few of the levels by that point, but even in hindsight the guidance was reassuring. That is a great reserve whether you're still contemplating having children, or if your children are now older. If you have a newborn or you understand anyone having one shortly I would highly recommend this reserve. Dr. My husband and I both browse it in 2 times- quick read therefore helpful! He is very passionate about what he does and everything he believes makes a lot of sense.! Ideal for new parents! I purchased this book after my baby was born, but as I am reading (not really done, because babies want a lot of attention!) it, I want I have been able to obtain it before my baby was created.. The progression of the book is very organic and related for easy absorbtion.You can tell that Dr Hamilton writes with a whole lot of love and care behind each word. I specifically appreciate that while he addresses what usually happens/what is common for most, he takes the excess period to reassure the reader that if it's different for you, it is OK (I have come across many "if you aren't doing things in this manner, it is incorrect" type texts). One thing that stood out was when he wrote about the relationship between parents and babies, he writes that frequently parents fall instantly utterly in love with their child and believe that bond. He adopted it up with reassuring the reader that occasionally that relationship requires longer and in a different timeline. I thought the way that section was created was extremely loving and kind-specifically for a potential mother or father who might be scanning this book who falls i to the later on category. A lot of the book is written such as this, and the book costs very personal because Dr Hamilton is definitely unafraid to get personal, himself.! A wonderful reserve for any parent This is the must have book for anyone with a kid, or anyone thinking about having a child. It'll benefit first-time parents, and parents expecting their third baby. Doctor Hamilton distills years of encounter as a pediatrician right into a smart and easy to read book that will be enjoyable even for the exhausted parents of a newborn. The book acts as a reference on a wide variety of subjects, including: ways to get your child to sleep during the night, the type of things are NOT necessary to buy for your baby's first 12 months of life, treating sunburns, different styles of parenting and the Five R's of Early Education. I could veritify that he is an excellent doctor with an authentic enthusiasm for what he does. He is about de cluttering the masses of info we are becoming bombarded with in the present day day time, it's about simplifying life and concentrating on what is truly important for your baby. A Delight! What a breath of oxygen amidst all the negativity we discover ourselves in at this point ever sold! Before our baby was created, I was advised by a friend not to read too many different parenting books and be overwhelmed, just to select a few and just go with our instincts. Hamilton's book is great - a thoughtful, heartfelt

enjoyment to read! Dr Bob includes a very sensible approach to raising babies therefore it's got a wide appeal. I recommend this book for just about any new moms and dads. His approach is good sense and easy to follow. Very inspiring for brand-new parents, outdated parents, and for folks thinking about diving into parenthood! Age group old and very experienced advice from an excellent, reputable doctor. His anecdotes and personal insights to parenthood give this reserve a warmth which can be lacking in some child development literature. Right now I'm just waiting for Dr Hamilton to create his next reserve. Dr Hamilton comes with an abundance of experience with babies of all ages.! It really is a joy to read, and the perfect gift for any new parent! I've personally met Dr Hamilton as he offers taken care of my babies from time to time... Doctor Hamilton shares interesting scientific information—for example, baby boys and baby girls have got different sensitivities to smell—funny antidotes and priceless recommendations on how to get during that first year. I read Dr Hamilton's reserve over a period of 6 times while my baby napped. Dr Hamilton covers several topics and provides a whole lot of helpful info, but it is created in a manner that it is extremely easy to digest and understand.. ideally it's titled along the lines of "how to cope with the terrible two's"! Wonderful pedestrian Dr Hamilton is a rock star! He's joyous and assists parents to see the joy. Loved this book!!I would recommend this book to parents and parents-to-be. Best baby book I have read and I've read all of them. Hamilton knows his stuff Loved this book. Dr. We could have simply got the 7 Secrets of the Newborn and been completed! Wonderful Book! It is common sense advice that's helpful and very encouraging. Most of my opinions are my own. Common Sense For When You Need It The Most Disclaimer: I was presented with a review duplicate of this book. Rather than a how-to manual, it focuses even more on the joys of experiencing children, and how culture can benefit from more of them. This book is normally by the pediatrician that got that video that went viral a few years ago about how to carry a crying baby. And I would say that the reserve happens to be a continuation of that kind of thing. An amazing read full of secrets and tips, but also a whole lot of center. Rogers for parents of newborns, and I highly recommend this book! It really is created to the parent who may not have a support program of family nearby or who lives in a different city from their own parents. This reserve is that good sense assistance that your mother would give you if she had been right there. Encouraging, excited, and common sense. Even if you already know the fundamentals of what the seven "secrets" are, it can be invaluable to have a professional inform you that you're carrying out alright. Dr. Hamilton is similar to a peppier Mr. Parents of newborns (if they're like me) typically aren't logical and realistic thinkers, they're usually exhausted, discouraged, and anxious about parenting.



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