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...a very practical and entertaining window into the baby's first year and a half.  
...The authors' observations and practical suggestions are wonderful.  
T. Berry Brazelton, M.D., professor emeritus, Harvard Medical School

# The Wonder Weeks

How to stimulate the most important developmental weeks in your baby's first 20 months and turn these 10 predictable, great, fussy phases into magical leaps forward.

**EXTRA: Insights, Tips & Tricks for Sleep and Leaps.**

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With a foreword by

Hetty van de Rijt, Ph.D., Frans Plooij, Ph.D., with Xaviëra Plas-Plooij

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The Wonder Weeks: How to Stimulate Your Baby's Mental Development  
and Help Him Turn His 10 Predictable, Great, Fussy Phases into Magical  
Leaps Forward(5th Edition)



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How to stimulate your baby's mental development and help him change his 10 predictable, great, fussy phases into magical leaps forward describes the incredible mental developmental changes (leaps) and regression periods that all babies proceed through. that's something we all have to deal with when we have a baby. It really is as if he has woken through to a strange planet. Including a reward chapter with everything about the relationship between rest and leaps, along with exclusive insight into your baby's sleeping behavior. The book includes: • Week-by-week direct to baby's behavior• When to expect the fussy behavior, what this implies (cranky, clingy, crying (the three C's) behavior) and how to deal with these regression intervals (leaps)• A explanation from your baby's perspective of the globe around him and ways to understand the adjustments he's going through• Fun games and gentle actions you can do together with your child• Exclusive insight into your baby's sleeping behaviour The book is based on the scientific- and parental-world-changing discovery of a phenomenon: all normal, healthy babies appear to be more fussy at very nearly the same age groups, regression intervals, and sleep less in these phases. These age-related fluctuations in need for body contact and interest (regression periods) are related to main and quite dramatic adjustments in the brains of the kids. These changes enable a baby to enter a whole new perceptual globe and, as a consequence, to understand many new abilities. This will be a reason behind celebration, but so far as the baby is concerned these adjustments are bewildering..The Wonder Weeks reveals what's going on inside baby's mind. Hint: do you realize your baby learns (and there's lots of human brain activity) during those small, 'light' sleeps? Get ready to rediscover the globe all over again together with your baby... Reward: Sleep, and the lack of sleep. He's taken aback?everything has changed overnight.. Understanding the real reason behind crying, eating and sleeping problems is the only solution every parent needs. The bonus chapter contains everything about the relationship between rest and leaps, as well as unique insight into your baby's sleeping behavior. He needs you to steer him and know very well what he is going right through!



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Buy the book! Don't inexpensive out! : Not really checked "Switching Roles"- Asks you to build blocks by handing you his blocks, Asks mom to sing a tune , then claps his hands Checked "Switching Roles" - Feeds crackers/bottle to mother, Can initiate a casino game by himself<sup>2</sup>. So I went on the website and even bought the app, however the publication has (IMO) several valuable things not really published anywhere else.<sup>1</sup> My Diary section includes a SUPER detailed checklist of some of the abilities that help define your baby's interests and character during each specific wonder week and how they express their new cognitive advancement. I would suggest this publication to all or any parents, and it would also serve well as a baby shower gift. At this stage he didn't clap his hands or mimic people at all! I got concerned when I went through the checklist and realized it was very polar. Anything physical or regarding movement he was way advanced, but this intended he didn't have time to develop other skills. Get the app rather. Now and then I get back to the abilities I didn't check off and eventually a couple months afterwards, they're all checked off. As it happens they are simply going through main mental and physical changes that happen at extremely specific, predictable age range.. Valuable info not published anywhere else! Top Video games for specific question week has extremely relevant games that I normally wouldn't have considered to play. For example, for the infants going through separation stress, they said to play hide and look for. I am astounded at how long my baby could be by himself calmly attempting to look for me and going right through every space until he discovers me! Today he ventures out further by himself instead of clinging onto my leg in the living room. I'm a first time mom and decided to buy it after a few long sleepless nights when my baby was just a couple of weeks old. Helps you get through lots of mysteries when it comes to baby behavior...but I guess they respond well to it! He actually attempts to slide closets doors since we've up-ed the bar and now I hide in closets and bathrooms where he must open up a door to access me. There is it most useful in recognizing and encouraging milestone growth but my sister in law (who recommended it to me) also relies on it to validate fussiness in her baby. The only real reason I couldn't give this book 5 stars, is basically because I was turned off by some of the language in the book. If you are looking for research supported (as in acknowledges the statements produced have resources and discusses those resources), in-depth information on baby development and how exactly to stimulate that development, this is not the book. I usually found the info in this book somewhat interesting but mostly very intuitive. This was the first reserve that mentioned your child could have a correlating fear of "being strapped in" through the week of Classes. My baby hated getting strapped in his stroller, car seat etc...e. This is the first reserve that warned me about it and made me even more empathetic when it just happened. My boy cried so difficult in the automobile seat he "exorcist-design" threw up all around the backseat from getting worked up. Following the stormy period he still protests but he today lasts much longer in the seat.<sup>4</sup> You skill to help section. This section goes into depth of what you can do to help excite your child during each week. For example, they thought to give a dynamic baby room to investigate and explore, particularly if the baby is already physically dynamic and advanced. Because the reserve suggested, I made obstacle courses for my baby and he enjoys it! Why? I launched him to a gymboree area with a 5 foot high plastic material indoor slide. Without the help or provoking on my end, he shocked me and everyone in the room when he climbed up the slide, turned around, and slid down superman style.. Best baby publication ever!and achieved it again 5x. He was 9.5 months at the time.Overall, if you really don't want to pay the money, then you can spend hours trying to look for the info elsewhere. But it's all in a single convenient reserve and organized well and an easy task to navigate. Someone mentioned that there have been fillers in the publication such as quotes from other parents, but I liked how I can relate to

other moms and dads who have the exact problem. It's reassuring to find that it's only a phase, and I like the explanations of what is going on developmentally during those different intervals. Even though they don't blatantly make use of that term or attachment parenting, they do mention how a "very hard" baby would take action, which also helped me deal with my high-need baby. All in all, I would recommend this book because the few specific issues that I've learned from it were invaluable and there is absolutely no price to making the life of 1st-period parents easier, particularly when trying to comprehend their "fussy" and "very difficult" baby. This book is repetitive and a little bit condescending.!! If you are on the fence about buying this publication, do yourself a favor and get it! Truthfully, I wouldn't not think to play conceal and seek with a 8. It's been a lifesaver! It helps me understand the changes my son is certainly going through and the behavior to anticipate. As a fresh parent-or any parent- it can be disheartening to feel you do everything "right" but still not making your child happy.i. Every time my baby appears to be fussier than usual, I'll flip through this book and find that he's in another of the developmental leaps. I couldn't recommend this book more than enough! This book has some fascinating information, nevertheless, you can get all of it -- plus some interesting videos and notifications/timeline based on your own baby's adjusted age -- in the paid app for less than you'll devote to the book.! Repetitive, overly simplified and kinda negative Do you realize babies need and revel in being touched?! How to proceed about it? Detailed explanation of the "magical revolution. MUST Browse FOR PARENTS! I've an undergrad in psychology and centered on child development, 6 years ago and I desired to be sure my knowledge was accurate and up to date before my new little arrives and did not find this reserve at All edifying..Additionally, there is some bizarrely snarky undertones, assuming some actually not great things about the visitors parenting instincts/feelings toward baby and the "motivations" of infants. Which are not for me conducive to happy baby mother or father relations. I haven't discovered the book I'm searching for but I'll revise with a recommendation when I do. Good instructions for how exactly to operate a baby (RTFM) I've read some of it and it helps because I'm hopeless with infants. I've found this book to be very useful at understanding the developmental "leaps" that children go through in their first 12 months. I reference this publication often, and it has helped me be a more empathetic, understanding parent! For example, i bought the publication when my boy was approaching the 37th week. Gleam free iOS and Google android app that pairs well with this publication.3. It's a must-have for anyone with a fresh baby. I obtain that infants scream and cry, but they're tiny humans who want to communicate their needs, and it had been off-putting to examine that they're being referred to in a disrespectful, almost derogatory manner. Moreover she enjoys reading me excerpts of it to validate something the baby has just done so that I can nod knowingly. From then on the process is the same which repeats itself each chapter. I diligently read a few chapters of each of them before abandoning them for Google. It seems like the book is actually a third of the length if they cut out all of the filler. I enjoy viewing what milestones my baby has hit or is about to hit and this book is split nicely so you browse each section as it pertains to your child. As a new mom my zombie brain was operating out of ideas to entertain him, but this section was an excellent source for fresh fun methods to stimulate his growing brain. I would recommend this book to any new parent. and I like the explanations of the proceedings developmentally during .. In fact the composing borders on plagiarism since no resources are cited. I also downloaded the corresponding app that provides me alerts when a brand-new leap is coming, that way if my boy has been extra fussy I know he's heading through a lot and I can tune in to the corresponding chapter to see how I could help him and myself in this change! The book also deals with what sort of "high-need" baby would act during the question

weeks. My only complaint is there seems to be plenty of filler in this reserve. This has been the only real book that I regularly examine and reference. As a mom to a young baby, I'd choose they just get right to the idea and make it even more concise. I naturally pushed for more factors involving motion and he was a happier baby.! Repetitive All you want to know if the development spurt weeks. I did the new mom thing and bought the books. Basically just know: extra care is necessary during these weeks. Despite a few downsides, this has been an excellent purchase. This reserve was recommended if you ask me by my ex-girlfriend and my partner loves it (the reserve that is, not really that my ex-girlfriend suggested it if you ask me). The only baby book I read and reference! 3 Term Review: Buy This Book Great condition Emerged in great condition very helpful in studying babies development Wonder weeks, they're real what may i say about this reserve? It's like, every parent should have it. It's like "what to expect and when to expect" literally. When will your boy be fussy? He will go under and over couch sectionals/parts and crude forts. If not, this book is a good place to begin. This book is like CERTAIN. If not really for the horrible parenting rates, I would probably finish the book and give it three stars. Basic, intuitive information and alarmingly adverse quotes about very young babies I couldn't make it at night third leap in this book, because I found the rates from parents in each chapter thus upsetting. The author reassures us they are experiencing normal emotions. They are NOT normal feeling towards a very young baby (or any baby/kid). The timelines and symptoms match flawlessly with my baby's development. These moms are abusive and it is dangerous to quote them in parenting books to be regular. I'm horrified and still shaking even thinking about it." They describe it even more comprehensive with examples. All of the games and actions suggested for every stage are pretty apparent just through normal interactions together with your baby. But still, I did find some fresh insights and was happy to have my intuition reinforced. It might miss a couple of days sometimes but it's a for sure thing. As described As described I head to this book for each and every leap and like the tips and suggested games to make the developing . The author identifies infants as "little screamers" and such. From mothers "understanding how people could strike their kids " to a mother who threw her baby on the changing table to another who still left her baby to scream it out for over two hours.5/9month old. Must read This is such an excellent book!.. I bought several baby books but this is all I want. I go to this book for each leap and love the suggestions and suggested video games to help make the growing pains easier..



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