

"New parents will enjoy this poetic celebration about the love that grows in your heart when you're graced 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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How can you get your baby to nurse, sleep, and maybe actually cease crying? What strategies will help you connect and communicate with your baby? in a YouTube video about how to calm a crying baby, comes a one-of-a-kind resource to help you through the earliest moments of your child' Bob shares his clear, sensible, warm suggestions and enable you to mother or father with common sense and confidence. Robert C. Hamilton, M.D., has spent more than three decades looking after newborns. In his practice, Dr. Bob has seen it all what functions, what doesn't. From the pediatrician who became an Internet sensation with the "Hamilton Keep" What important decisions will you make through the first yr for your child, yourself, and your partner? And even more to help you get around the unforgettable first year of your child's life Breastfeed, formula-feed, or bottle-feed using either Establish healthy patterns Offer ease and comfort to a crying newborn using the "Hold" Play! on how to: along with all the newest scientific data and research Carefully teach your baby how exactly to rest (and get some sleep yourself) Manage screen time in your home Here, Dr.s lifestyle.



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Very inspiring for brand-new parents, outdated parents, and for people considering diving into parenthood! Dr. What a breath of fresh air amidst all the negativity we discover ourselves in at this stage in history! His anecdotes and personal insights to parenthood give this book a warmth which can be lacking in some child development literature. Before our baby was created, I was suggested by a friend not to read too many different parenting books and become overwhelmed, just to select a few and just go with our instincts. We could have just got the 7 Secrets of the Newborn and been completed! He followed it up with reassuring the reader that occasionally that bond takes longer and in a different timeline! Ideal for new parents! I purchased this reserve after my baby was created, but as I am reading (not really done, because babies need a lot of interest!) it, I desire I had been able to get it before my baby was born. hopefully it's titled along the lines of "how to handle the terrible two's"! The progression of the publication is very organic and related for easy absorption. You can tell that Dr Hamilton writes with a lot of love and care behind each word. Rogers for parents of newborns, and I recommend this book! He's very passionate about what he does and everything he believes makes a lot of sense! Right now I'm just waiting for Dr Hamilton to create his next book. A lot of the publication is written like this, and the reserve fees extremely personal because Dr Hamilton is definitely unafraid to get personal, himself. I would recommend this publication to parents and parents-to-be. A wonderful publication for any parent This is the must have book for anyone with a kid, or anyone thinking of having a kid. Dr. Doctor Hamilton distills years of encounter as a pediatrician right into a sensible and easy to read book which will be enjoyable also for the exhausted parents of a new baby. The book acts as a reference on a wide variety of subjects, including: how to get your child to sleep through the night, the type of things are NOT necessary to buy for your baby's first year of existence, treating sunburns, different styles of parenting and the Five R's of Early Education. Doctor Hamilton shares interesting scientific specifics for example, baby males and baby girls have got different sensitivities to smell funny antidotes and priceless tips about how to get during that first year. It really is a joy to learn, and an ideal gift for any new parent! A Delight! Dr Bob has a very sensible approach to raising babies therefore it's got a wide appeal. She had passed through some of the levels by that time, but actually in hindsight the advice was reassuring. Hamilton's book is great - a thoughtful, heartfelt satisfaction to read! If you have a newborn or you know anyone having one shortly I would recommend this book. I read Dr Hamilton's publication over a period of 6 times while my baby napped. Dr Hamilton has an abundance of knowledge with babies of all ages. A very important factor that stood out was when he wrote about the bond between parents and infants, he writes that frequently parents fall immediately utterly deeply in love with their child and feel that bond.. I have individually met Dr Hamilton as he has looked after my babies every once in awhile.. He is about de cluttering the masses of information we are being bombarded with in the present day time, it's about simplifying life and focusing on what is really important for your baby. I can verify that he is a great doctor with a genuine interest for what he does. I thought just how that section was written was extremely loving and kind-specifically for a potential mother or father who might be reading this reserve who falls i to the afterwards category.. This is an excellent publication whether you're still contemplating having little ones, or if your children are now older. Dr Hamilton addresses various topics and a whole lot of helpful information, but it is written in a way that it is very easy to digest and understand. He is joyous and helps parents to start to see the joy. Hamilton knows his stuff Loved this book. Terrific book for brand-new parents I wish this book have been away before our baby was created. Age old and very experienced advice from a great, well regarded doctor. Wonderful pedestrian Dr Hamilton is a rock celebrity! Dr. Loved this book! This book is that common sense tips that your mom would offer you if she had been right there! Best baby book I have read and I've read all of them. Even if you know the basics of what the seven "secrets" are, it could be invaluable to possess a professional tell you that you're doing alright. Encouraging, excited, and common sense. We both go through it in 2 days- quick read and so helpful! Wonderful Book! An amazing read full of secrets and tips,

but also a lot of center. Rather than how-to manual, it focuses even more on the joys of experiencing children, and how society can benefit from more of them. Common Sense For When You Need It The Most
Disclaimer: I was presented with a review copy of this book. Most of my views are my very own. This reserve is usually by the pediatrician that acquired that video that proceeded to go viral a few years ago about how to carry a crying baby. And I would say that the reserve is definitely a continuation of that kind of thing. It is common sense advice that is helpful and very encouraging. Parents of newborns (if they're like me) typically aren't logical and affordable thinkers, they are usually exhausted, discouraged, and anxious about parenting. It really is written to the mother or father who may not have a support system of family close by or who lives in a different town from their very own parents! I recommend this book for just about any new moms and dads. His approach is good sense and easy to follow. It will benefit first time parents, and parents expecting their third baby. Hamilton is like a peppier Mr. I specifically appreciate that while he covers what usually happens/what is usually common for many, he takes the excess period to reassure the reader that if it's different for you, it is OK (I've run into many "if you aren't doing things in this manner, it is wrong" type texts).



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