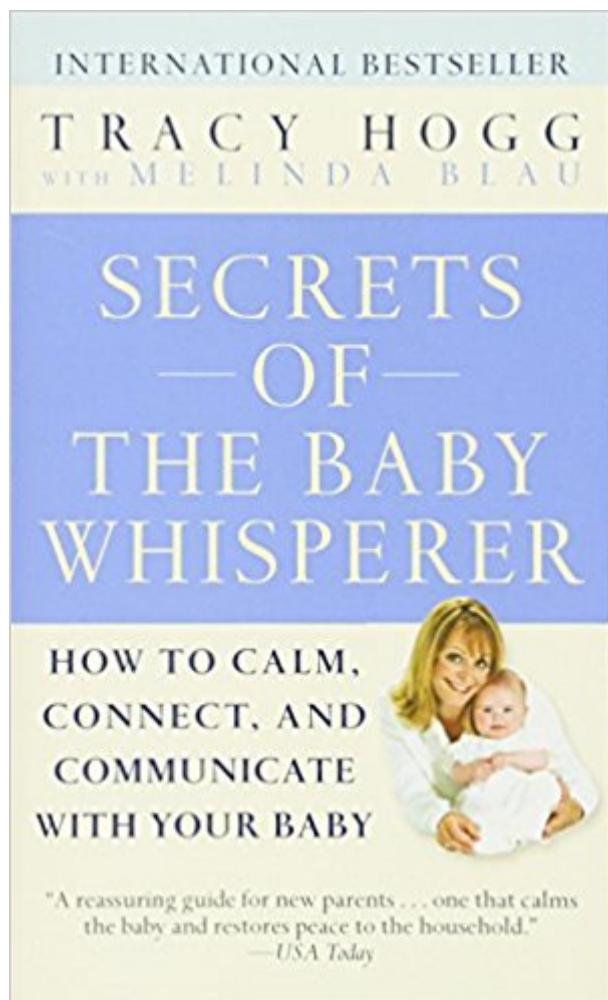


The book was found

Secrets Of The Baby Whisperer: How To Calm, Connect, And Communicate With Your Baby



Synopsis

“TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT” —the ability to develop early insight into their child’s temperament. • Los Angeles Family When Tracy Hogg’s *Secrets of the Baby Whisperer* was first published, it soared onto bestseller lists across the country. Parents everywhere became “whisperers” to their newborns, amazed that they could actually communicate with their baby within weeks of their child’s birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby’s every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby’s life because a happy baby sleeps through the night. Now you too can benefit from Tracy’s more than twenty years’ experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn: E.A.S.Y. (how to get baby to eat, play, and sleep on a schedule that will make every member of the household’s life easier and happier); S.L.O.W. (how to interpret what your baby is trying to tell you (so you don’t try to feed him when he really wants a nap)); How to identify which type of baby yours is (Angel, Textbook, Touchy, Spirited, or Grumpy) and then learn the best way to interact with that type; Tracy’s Three Day Magic (how to change any and all bad habits (yours and the baby’s) in just three days). At the heart of Tracy’s simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional 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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Customer Reviews

The last thing new parents can find time for is quiet reading, so many helpful books on infant care rely on bullet points and a "let's get to the point" writing style. Tracy Hogg, a neonatal nurse, teacher, and mother of two, uses these techniques to good effect in *Secrets of the Baby Whisperer*. Focusing on newborns and their parents, her simple programs are a blend of intelligent intuition and methods based on years of experience. The first half of the book is devoted to E.A.S.Y--her name for creating a structured daily routine for you and your baby that makes the most of your baby's awake times and also leaves time just for you. These concepts aren't designed to force your bundle of joy into not following her body's needs, but rather to create a feasible middle ground between total rigidity and on-demand food and sleep (and no time for mom to shower). If it still strikes you as too regimented, keep reading. The author makes room for differences in personal style and includes short quizzes to determine whether you're a "planner" or a "winger", and what level of daily structure you are likely to find helpful. In the same chapter, she identifies five general temperaments of infants, how to get an accurate feel for yours, and what methods of care are likely to be the most effective for his temperament. Her statement that babies prefer routine is backed up by research from the University of Denver. While most of the book relies on anecdotes to get the points across, Hogg does find room to back up some of her statements with quotes from various researchers and institutions. Included at the end of the book are assurances that E.A.S.Y. can be followed even with a colicky baby or one who's been ruling the roost for the first few months. Frustrated parents might like to read the last page first: "all the baby-whispering advice in the world is useless unless you're having a good time being a parent" is an excellent reminder to enjoy this time with all of its ups and downs. --Jill Lightner --This text refers to the Paperback edition.

Hogg, an English nurse and founder of Baby Technique, a Los Angeles-based newborn and lactation consulting firm, has a way of calming and caring for babies that led one of her clients to dub her "the baby whisperer." In this, her first book, she teaches parents how to decipher "infants' language" (their cries, gestures, and facial expressions. Her E.A.S.Y. (eat, activity, sleep, your time) method offers a relaxed, commonsense approach. Every aspect of care for mom and baby is covered, with interesting charts and clear references. There are many good books on baby care,

such as Arlene Eisenberg and others' *What To Expect the First Year* (LJ 6/1/89), Jodi A Mindell's *Sleeping Through the Night* (LJ 6/1/97), and, of course, Dr. Spock's oeuvre, but this book possesses unusual tenderness and heart, and it respects babies as people, albeit little ones. For all public libraries and any parenting shelf, this is the perfect gift for a new mom and family. DAnnette V. Janes, Hamilton P.L., MA Copyright 2001 Reed Business Information, Inc. --This text refers to the Paperback edition.

I really enjoyed the message behind this book, treating your baby with respect and empathy. I really appreciated the approach to forming a schedule for your baby and even as a mother of four I found some use in the approach to understanding and communicating with your baby. The only thing that didn't really work for me was her approach to sleep training. I don't mind the pick up/put down method in theory but putting it into practice was very physically demanding. My 6 month old weighs in at around 19lbs and I found out quickly that I didn't have the back strength to lift him, put him down, lift him again etc. more than a hundred times in two hours. We weren't getting anywhere with it so I decided to modify her approach and Ferber's approach to find a solution that would work for us. I'm not saying that Tracy Hogg's method won't work just that it didn't work for us. I encourage everyone to pay attention to the cues from their babies to find an approach that will work for them.

After reading several other books, all of which helped give me knowledge of WHY I was having problems, but no solution that worked for my baby, this book gave me back my self (and my relationship) 12 weeks after my first baby. Before I read this book my child would only sleep ON me and had nightly meltdowns. The doctor diagnosed her with "classic colic" and that very day I implemented the sleep training methods in this book. Less than two weeks later she sleeps in her crib for naps and nighttime and has no meltdowns...and I never once let her "cry it out" (a concept suggested by our doc that just did not feel right to me). This book helped to make our daughter the sweet, happy baby that she wanted to be.

It's good if you have no clue on how to take care of your baby. But it's not something that will help when you've tried it all and it just doesn't work. The author talks as if all Babies are the same and if what she suggests doesn't work then it's the parents fault. All babies ARE different! What works for one baby doesn't necessarily work for another. It has some good ideas and is definitely worth a try, but it is not always the parents fault if they baby won't sleep. I would love for this lady to come to my house and prove me wrong!!

Totally loving this book! I am a Nanny and find this is packed with useful advice. I recommend it highly for parents and caregivers who wish to raise...or help shape...young children in a loving way.

This book has been my best purchase in this subject so far... Tracy explains things in a very clear and caring way, helping first time moms like myself to better understand this emotional rollercoaster we've gotten ourselves into! Babies don't come with instructions, but this book comes close enough... it's very reassuring and calming to read about other people's experiences and how to handle different aspects of raising a newborn.

It was ok. I did learn a few helpful tricks, but I think the most important thing is to learn your baby. Not every baby is going to fit a book & you will have much less of a struggle if you invest your time in trusting your own gut and intuition when it comes to your child, rather than what everyone else is telling you to do.

This book is getting on now. Reading the reviews it seems to have lovers and haters. Personally, I have found it to be useful and a balanced approach. I have used the principles outlined in this book in conjunction with common sense and observing my baby (which Tracy herself advocates). As much as possible I use the EASY routine. There are days when it won't work - when you are more time driven with appointments and the like, or when baby is going through spurt - but even then I have found the "system" to be flexible. I did not get any indication that Tracy promotes controlled crying methods and the book was very much against the Ferber method (which in the end only teaches your baby to hang on longer with crying!) However, she is definitely not an advocate for attachment parenting either. If either of those things are something you feel passionately about, then there are books for you and this is probably not be the one. I personally sit somewhere in the middle, and found that the guidance provided in this book does too. I like the use of examples, really case studies, that are used to illustrate her points. My one criticism is the "voice" used in the book. It is apparent that Tracy didn't write this, someone did on her behalf. To this end, the tone of voice does come across as forced and in turn a little patronising. I know early on with first babies you just want someone to tell you exactly what to do: step-by-step, fool proof, failsafe instructions. You'll never find that. But I think this comes close by providing principles that are broad enough to be flexible. Principles are actually much more useful at the end of the day as you can adapt them to your situation.

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