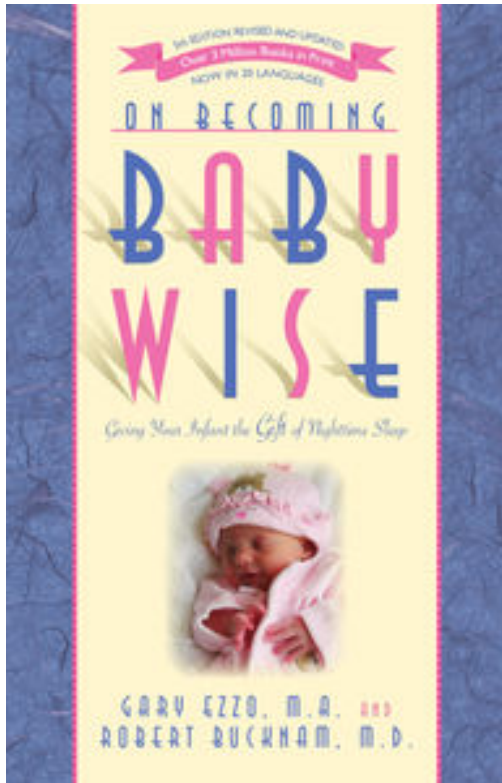


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On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep Gary Ezzo & Robert Bucknam Read ebooks [EN] PDF, ePub, Mobi, With over 3 million books in print On Becoming Baby Wise continues to gain international recognition for its immensely sensible approach to parenting a newborn. Now in its 18th year of continuous print runs, and translated into 18 languages, the infant management plan offered by Gary Ezzo and Dr. Robert Bucknam successfully and naturally helps infants synchronize their feeding time, waketime and nighttime cycles. The results? Happy, healthy and contented newborn babies who sleep through the night on average between seven and nine weeks of age.

The infant management concepts bring hope to the tired and bewildered parents looking for an alternative to sleepless nights and fussy babies.

The Babywise Parent Directed Feeding concept has enough structure to bring security and order to your baby's world, yet enough flexibility to give mom freedom to respond to any

need at any time. It teaches parents how to lovingly guide their baby's day rather than be guided or enslaved to the infant's unknown needs.

Comprehensive breast-feeding follow-up surveys spanning three countries, of mothers using the PDF method verify that as a result of the PDF concepts, 88% breast-feed, compared to the national average of only 54% (from the National Center for Health Statistics). Of these breast-feeding mothers, 80% of them breast-feed exclusively without a formula complement. And while 70% of our mothers are still breast-feeding after six months, the national average encourage to follow demand feeding without any guidelines is only 20%. The mean average time of breast-feeding for PDF moms is 33 1/2 weeks, well above the national average. Over 50% of PDF mothers extend their breast-feeding toward and well into the first year. Added to these statistics is another critical factor. The average breast-fed PDF baby sleeps continuously through night seven to eight hours between weeks seven and nine.

Healthy sleep in infants is analogous to healthy growth and development. Find out for yourself why a world of parents and pediatricians utilize the concepts found in On Becoming Babywise.

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