



# On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep

By Robert Bucknam M.D., Gary Ezzo

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Distinguished pediatrician Dr Robert Bucknam, M.D. and co-author Gary Ezzo are two of the world's leading experts on infant management concepts. In this revised 5th edition, they have updated their groundbreaking approach which has found favor with over six million parents in all 50 states and has been translated into 16 languages around the world.

For over 20 years, On Becoming Babywise has been the de facto newborn parenting manual for naturally synchronizing your baby's feeding time, waketime and nighttime sleep cycles, so the whole family can sleep through the night.

In his 26th year as a licensed Pediatrician, Dr. Robert Bucknam, M.D. along with co-author Gary Ezzo, demonstrate how order and stability are mutual allies of every newborn's metabolism and how parents can take advantage of these biological propensities. In particular, they note how an infant's body responds to the influences of parental routine or the lack thereof.

Early chapters start with explorations of everyday aspects of infant management such as the three basic elements of daytime activities for newborns: feeding time, waketime, and naptime.

Practical discussions then focus on broad and niche topics including feeding philosophies, baby sleep problems, baby scheduling challenges, nap routines, sleep training multiples, baby sleeping props, Colic and Reflux and many other dimensions which impact breast feeding schedules, bottle feeding tips and baby sleep training.

Five resource Appendixes provide additional reference material:

- 1) Taking care of baby and mom
- 2) A timeline of what to expect and when
- 3) Baby Sleep Training Problems and Solutions
- 4) Monitoring Your Baby's Growth
- 5) Healthy Baby Growth Charts

On Becoming Babywise is more than an infant-management concept. It is a mindset for successful parenthood. It can help any parent develop a plan that meets both the needs of a new baby and of the entire family. These principles have worked for millions of parents and, when applied with common sense to your unique situation, can work wonderfully for you too! Recommended by doctors across the country.

*"As a mom, I parented both ways. As a certified lactation educator, I know how discouraging it is to feed a baby around the clock with no apparent advantage and how fatigue will affect her milk supply. I also know how discouraging the first eighteen months of parenting can be without a plan. I know, because with my first child, I did everything the opposite of what is taught in this book. Before my second baby was born, I was introduced to the Babywise concepts. Applying these principles revolutionized my thinking. Instead of being in baby bondage, I was liberated to be the mother God wanted me to be. I have consistently used this series with the women I counsel. These mothers have met with tremendous success, whether bottle or breastfeeding."*

*-- Barbara Philips, R.N., C.L.E. Los Angeles, California*

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## **Editorial Review**

### Review

"From a pediatrician's perspective, this is a sigh of welcome relief for sleepless, weary parents."

**-- DAVID BLANK, M.D. of LONGMONT, CO**

"My introduction to *On Becoming Babywise* came over 20 years ago when a discerning member in my practice noticed my frustration with the growing numbers of fatigued mothers, fussy babies, and their sleep nights. I was handed a set of audio tapes of this series. Being profoundly impressed with the insightfulness and relevance of the content, I began applying the principles in my practice. Word of mouth among our community has helped our practice grow exponentially.

--Dr. Jim Pearson, M.D. Johnson City, Tennessee

"I am a practicing pediatrician and assistant professor of pediatrics. Residents and new mothers I work with have found *On Becoming Babywise* overwhelmingly successful. My residents report a positive difference in the confidence of new mothers who work with this plan compared to those who do not. The freedom *Babywise* provides a new mother is so refreshing. My parents become baby-wise with *Babywise*."

-- Dr. Linda Meloy, M.D. Richmond, Virginia

**"I have been successfully using *On Becoming Babywise* in my general Pediatric practice for the last several years. I have found it to be a very helpful resource for parents. I think any negative outcomes associated with this material is due to the misapplication of the principles."**

**-- Dr. Thomas Gill, M.D., Pediatrician, Johnson City, Tennessee**

### From the Author

This is the current edition; the completely revised & updated version of *On Becoming Babywise* (5th edition, February 2012). We highly recommend ONLY purchasing the newest and most current version of *On Becoming Babywise* (isbn 1932740139). It has a new chapter, several important revisions, the latest in medical updates, and is 19% longer than the former version. In becoming one of America's leading infant management guides, *On Becoming Babywise* has continued to improve its methods and practices throughout its 24 years and this latest version is the result of all the best over the last two decades.

*On Becoming Babywise* continues to gain global recognition for its common-sense approach to parenting a newborn. The infant management plan offered by Pediatrician Robert Bucknam, M.D. and co-author Gary Ezzo in this book helps parents successfully and naturally synchronize their baby's feeding time, waketime and nighttime cycles. The results? Happy, healthy and contented babies who sleep through the night on average between seven and nine weeks of age.

The best evaluation of any parenting philosophy, including *Babywise*, is not found in the reasoning or the logic of the hypothesis. End results speak clearly. Let your eyes confirm what works and what doesn't. You will be most confident in your parenting when you see the desired results lived out in other families.

Stage One: Birth to 5 months -- *On Becoming Babywise*

Stage Two: 5 - 12 months -- *On Becoming Babywise II*

Stage Three: 12 - 18 months -- *On Becoming Pretoddlerwise*

Stage Four: 18 - 36 months -- *On Becoming Toddlerwise*

Stage Five: 36 - 84 months -- *On Becoming Childwise*

The principles of *On Becoming Babywise* were first shared in 1984. Sarah was the first baby girl raised with the principles; Kenny was the first boy. Both thrived on mother's milk and a basic routine, and both slept through the night by seven weeks. It was that easy. *On Becoming Babywise* has now been translated into 16 different languages and is utilized by more than 6 million parents around the world. As with previous editions, this update does not provide parents a list of do's and don'ts. We wish parenting were that easy. Rather, our larger objective is to help prepare minds for the incredible task of raising a child. We believe the preparation of the mind is far more important than the preparation of the nursery. Both can be a lot of fun.

Your baby will not care if his head rests on designer sheets or beside Disney characters, nor is your success tied to his wardrobe or bedroom accessories, but rather to the beliefs and convictions that will eventually shape your parenting experience. It is our opinion that the achievements of healthy growth, contented babies, good naps, and playful wake times, as well as the gift of nighttime sleep, are too valuable to be left to chance. They need to be parent-directed and parent-managed. These are attainable conclusions, because infants are born with the capacity to achieve these outcomes and, equally important, the need to achieve them. Our goal is to demonstrate how this is done, but only after we explain why it should be done. We realize there are a number of parenting theories being marketed today, most of which come gift-wrapped with unrealistic promises and unnecessary burdens. In light of the many options, how can new parents know what approach is best for their families? Since every philosophy of parenting has a corresponding outcome unique to that philosophy, we encourage new and expectant parents to consider, evaluate, and decide which approach is best for their families. This can be accomplished by observing the end results. Spend time with relatives and friends who follow the Attachment Parenting style of infant care. Observe who practices hyper-scheduling, and certainly evaluate the outcomes associated with *On Becoming Babywise*. In which homes do you observe order, peace, and tranquility? Don't take any marketing plug or some strangers word for truth. Search for yourself. Consider the marriages as well as the children. Is mom in a perpetual state of exhaustion? Is she nursing every two hours or less? Is Dad sleeping on the couch? What is the family life like when a child is 6, 12, and 18 months old? Is Mom stressed, frustrated, or lacking confidence? Is the baby stressed, exhausted or insecure? When the baby is nine months old, can the parents leave the room without the baby falling apart emotionally? We believe the best evaluation of any parenting philosophy, including the one found in *On Becoming Babywise*, is not found in the reasoning or the logic of the hypothesis but in the end results. Let your eyes confirm what works and what does not. You will be most confident in your parenting when you see the desired results lived out in other families using the same approach. Look at the fruit and then trace it back to its seed source.

The principles contained within the pages can help parents develop workable strategies that meet the needs of their babies and the rest of the family. These have worked for millions of parents, and when faithfully applied can work wonderfully for you! However, your pediatrician or family practitioner should always be consulted when questions arise about the health and welfare of your baby. Enjoy the journey of parenting!

"As a pediatrician, I cannot argue with the success of *On Becoming Babywise*. It is such a practical approach to parenting. It provides infants with needed structure and stability and brings the joy and love so needed in our homes today. The effects of not using *On Becoming Babywise* show up very quickly. That is why I have made these principles a priority of discussion in every well-child care visit. Parents constantly tell me, "It changed our lives."

-- Dr. Janet Dunn, M.D. Chatsworth, California

"As an obstetrician and a mother, my concern for a healthy out-come continues beyond the moment of delivery. Because the principles of *On Becoming Babywise* are so effective, I consider it part of my extended health care for the family. The principles are simple, yet amazing. They consistently produce babies who are healthy, content, and who sleep through the night at an early age. Feeding a baby on demand simply cannot compare to the overall healthy benefits of *Babywise*. The concepts take the guesswork out of

early parenting and provide new moms the confidence of knowing what happens next."

-- Dr. Sharon Nelson, M.D. Glendale, California

**"As family physicians and a husband-wife team, we are often asked questions related to parenting and the general care of children. Most of our basic responses are found in *On Becoming Babywise*. For answering parenting questions, it has become a practical guide, giving us a sense of competence and confidence as physicians and as parents. When the principles are put into practice, parents reap abundant rewards."**

**--Tony Burden, M.D., and Margaret Burden, M.D. Bellingham, Washington**

From the Inside Flap

**"Babywise provides sound parenting advice and common sense pediatric care to many parents who are confused, frustrated, and downright sleep deprived. As a pediatrician and father of four, my wife and I routinely receive positive feedback regarding our children's behavior and sleep habits. Parents feel confident and relaxed when they have a plan and a goal for their infant and family. Once a family has found success with the principles of Babywise, they pass along their satisfaction to every new parent they meet. Simply put, "It works!"**

-- Dr. David M. Miller, M.D. Superior, Colorado

## **Users Review**

### **From reader reviews:**

#### **Clarence Guyer:**

Book is to be different for each grade. Book for children until adult are different content. As we know that book is very important normally. The book *On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep* was making you to know about other information and of course you can take more information. It is quite advantages for you. The guide *On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep* is not only giving you considerably more new information but also to get your friend when you experience bored. You can spend your personal spend time to read your guide. Try to make relationship with all the book *On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep*. You never truly feel lose out for everything should you read some books.

#### **Louise Lewis:**

Here thing why this *On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep* are different and reputable to be yours. First of all reading a book is good but it really depends in the content from it which is the content is as tasty as food or not. *On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep* giving you information deeper and in different ways, you can find any guide out there but there is no book that similar with *On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep*. It gives you thrill reading journey, its open up your own personal eyes about the thing this happened in the world which is maybe can be happened around you. You can easily bring everywhere like in playground, café, or even in your technique home by train. When you are having difficulties in bringing the branded book maybe the form of *On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep* in e-book can be your choice.

**Chris Robins:**

Nowadays reading books become more than want or need but also get a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book which improve your knowledge and information. The details you get based on what kind of book you read, if you want drive more knowledge just go with education books but if you want experience happy read one along with theme for entertaining like comic or novel. Typically the On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep is kind of guide which is giving the reader unstable experience.

**Omer Brown:**

Hey guys, do you would like to finds a new book to see? May be the book with the headline On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep suitable to you? The book was written by famous writer in this era. The book untitled On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleepis the main one of several books which everyone read now. This particular book was inspired many men and women in the world. When you read this publication you will enter the new way of measuring that you ever know before. The author explained their thought in the simple way, and so all of people can easily to know the core of this guide. This book will give you a lot of information about this world now. To help you see the represented of the world within this book.

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