



Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby

By Tracy Hogg, Melinda Blau



Download



Read Online

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau



Get Print Book

“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.



[Download Secrets of the Baby Whisperer: How to Calm, Connec ...pdf](#)



[Read Online Secrets of the Baby Whisperer: How to Calm, Conn ...pdf](#)

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby

By Tracy Hogg, Melinda Blau

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau

“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.

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau **Bibliography**

- Sales Rank: #3443 in Books
- Brand: Ballantine Books
- Published on: 2005-07-26
- Released on: 2005-07-26
- Original language: English
- Number of items: 1
- Dimensions: 6.88" h x .95" w x 4.16" l, .38 pounds
- Binding: Mass Market Paperback

- 352 pages

 [Download Secrets of the Baby Whisperer: How to Calm, Connec ...pdf](#)

 [Read Online Secrets of the Baby Whisperer: How to Calm, Conn ...pdf](#)

Download and Read Free Online *Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby* By Tracy Hogg, Melinda Blau

Editorial Review

Amazon.com Review

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*

From Library Journal

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.

Review

"Miracles are her business" Jodie Foster "The honest truth is that Tracy Hogg has provided me with more insight into the things that matter than anyone else." -- Alain de Botton Observer Review "She achieves what, to hard-pressed parents, seem like miracles." Mail on Sunday "...in a different league than all other 'how to manage as a parent' books." Daily Mail

Users Review

From reader reviews:

Cathleen Read:

Reading a publication tends to be new life style within this era globalization. With reading you can get a lot of information that will give you benefit in your life. Using book everyone in this world can share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their reader with their story as well as their experience. Not only the storyline that share in the guides. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on this planet always try to improve their skill in writing, they also doing some exploration before they write with their book. One of them is this Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby.

Ned Aguayo:

The book untitled Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby contain a lot of information on it. The writer explains your ex idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read that. The book was compiled by famous author. The author will bring you in the new period of literary works. It is easy to read this book because you can continue reading your smart phone, or gadget, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site along with order it. Have a nice learn.

Lisa Haight:

Is it you who having spare time and then spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby can be the response, oh how comes? It's a book you know. You are consequently out of date, spending your free time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

Kristen Wright:

Some individuals said that they feel bored stiff when they reading a reserve. They are directly felt it when they get a half elements of the book. You can choose the book Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby to make your current reading is interesting. Your own skill of reading proficiency is developing when you similar to reading. Try to choose easy book to make you enjoy to see it and mingle the feeling about book and reading through especially. It is to be first opinion for you to like to available a book and examine it. Beside that the book Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby can to be your friend when you're really feel alone and confuse with what must you're doing of that time.

Download and Read Online Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau #8FJO350QDU7

Read Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau for online ebook

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau books to read online.

Online Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau ebook PDF download

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau Doc

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau Mobipocket

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby By Tracy Hogg, Melinda Blau EPub