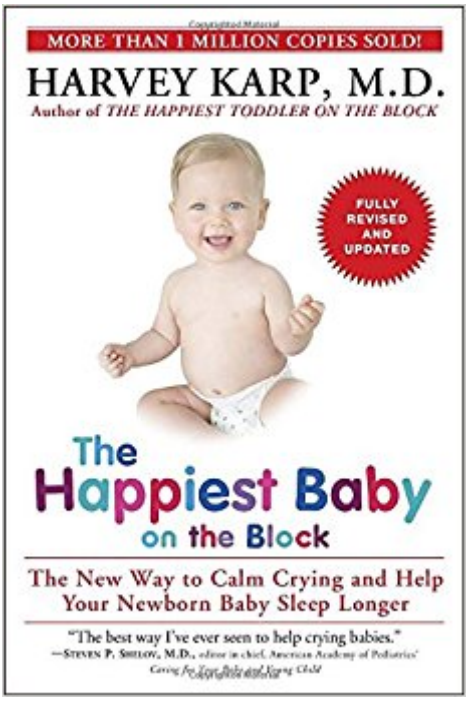
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The Happiest Baby On The Block; Fully Revised And Updated Second Edition: The New Way To Calm Crying And Help Your Newborn Baby Sleep Longer



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Synopsis

NEVER AGAIN WILL YOU HAVE TO STAND BY HELPLESSLY WHILE YOUR LITTLE BABY CRIES AND CRIES. THERE IS A WAY TO CALM MOST CRYING BABIES . . . USUALLY IN MINUTES! Ã Â Thousands of parents, from regular moms and dads to Hollywood superstars, have come to baby expert Dr. Harvey Karp to learn his remarkable techniques for soothing babies and increasing sleep. Now his landmark bookÃ¢â ¬â •fully revised and updated with the latest insights into infant sleep, bedsharing, breastfeeding, swaddling, and SIDS riskÃ¢â ¬â •can teach you too! Dr. KarpÃ¢â ¬â„¢s highly successful method is based on four revolutionary concepts: Ã Â 1. The Fourth Trimester: Why babies still yearn for a womblike atmosphere . . . even after birth 2. The Calming Reflex: An Ã¢â ¬Å“off switchÃ¢â ¬Â• all babies are born with 3. The 5 SÃ¢â ¬â„¢s: Five easy steps to turn on your babyÃ¢â ¬â„¢s amazing calming reflex 4. The Cuddle Cure: How to combine the 5 SÃ¢â ¬â„¢s to calm even colicky babies Ã Â With Dr. KarpÃ¢â ¬â„¢s sensible advice, parents and grandparents, nurses and nannies, will be able to transform even the fussiest infant into the happiest baby on the block! Ã Â Praise for The Happiest Baby on the Block Ã Â Ã¢â ¬Å“Dr. KarpÃ¢â ¬â„¢s book is fascinating and will guide new parents for years to come.Ã¢â ¬Â•Ã¢â ¬â •Julius Richmond, M.D., Harvard Medical School, former Surgeon General of the United States Ã Â Ã¢â ¬Å“The Happiest Baby on the Block is fun and convincing. I highly recommend it.Ã¢â ¬Â•Ã¢â ¬â •Elisabeth Bing, co-founder of Lamaze International Ã Â Ã¢â ¬Å“Will fascinate anyone who wants to know how babies experience the world, and wants to answer their cries lovingly and effectively.Ã¢â ¬Â•Ã¢â ¬â •The San Diego Union-Tribune

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Harvey Karp, M.D., is an assistant professor of pediatrics at the USC School of Medicine. He is the bestselling author of The Happiest Baby on the Block, The Happiest Toddler on the Block, and The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years. Dr. Karp is also a nationally renowned expert in child development, childrenÃ¢â ¬â„¢s environmental health, and breastfeeding. He lives with his wife in California, and his adult daughter lives in New York.

I feel that this review by Carrie on another website is by far the best review and insite to what this book has to offer. Please read as you will have the best understanding of what will get out of this book. We highly recommend it as this book was indeed a game changer with out little ones and being happy in our family. Happy wife happy lifeÃƒÂ¢Ã â ¬Ã Â¦ Happy baby happy mother happy wife happy life!!!ÃƒÂ¢Ã â ¬Ã Å“I saw this doctor on Oprah YEARS ago... I remember that the audience was full of QUIET, contented babies and I wondered if they were all sedated.The premise is that human babies are born 3 months BEFORE they are really developed because of the size of their heads. Therefore, the fist 100 days of their life is virtually a "fourth trimester" in which the baby needs constant vigilance and caring.He offers "cuddle cure"... 5 steps done in sequence to calm a baby and simulate life in the womb: Swaddling (firmly), Side/Stomach, Ssshhhing, Swaying, Sucking. They are combined and should match the VIGOR of any crying to immediately pacify the baby.Actually... this all made sense to me and most importantly.... IT WORKS!Author: Harvey KarpPublisher: Bantam DellCopyright: 2002Genre: Parenting/ChildcarePages: 260Date Read-5/21/09 to 5/26/09p.100The FASTEST way to succeed in stopping your baby’s cycle of crying is to MEET THEIR LEVEL OF INTENSITY. Only after your screaming baby pauses for a few moments can you gradually slow your motion, soften your shushing and guide them from frenzy to soft landing.The best colic-calmers say that soothing an infant is like dancing with them in the lead. These talented people pay close attention to the vigor of ther 5 "S’s"p.1251st S- SwaddlingThis

TURNS on the calming effect by stopping the Moro reflex (hand jerking/flailing) that helps them to pay attention to the other S's.2nd S-Side/StomachLay your child on their side or place them in your arms on their stomach. This prevents them from feeling that they are falling.3rd S- ShhhhYou have to do it as LOUD AS YOUR BABIES CRY and close to their ear. It stimulates the sound of the womb. It can be replaced by white noise.4th S- SwaySupport your babies head and neck and wiggle their HEAD with fast, tiny movements (like you are shivering). Once they are entranced, you can move to a slower swinging motion.5th S- SuckingThis works best after the other S's have calmed. A finger or pacifier work and can be eliminated after the 3rd month.p.195Baby Massage.In a 1986 study by Tiffany Field, massaged babies gained 47% more then babes who did not have the same touch. The same babies had higher IQ's a year later.1. Prepare for pleasure. Warm the room, dim the lights, play soft music.2. Bring Yourself to the moment. Sit comfortably, take 5 slow deep breaths and allow yourself to be present for the experience. Its an exchange of love in one fleeting, tender moment of time.3. Speak to your baby with your hands. Always try to keep one hand in contact with the skin and talk to them about what you are doing and what your hopes are for their life, or sing a lullaby. Let your massage strokes move in synchronicity with your calm breathing.4. Reward your babies tummy. Bicycle their legs then firmly push both knees to their belly and hld them there for 20 seconds. Massage the tummy in firm, clockwise, circular strokes - starting at their right lower belly, up and across the top of their tummy and ending at their left lower side (this traces their colon and intestines)5. Follow you baby's signals.p.245Top 10 survival Tips for Parents of New Babies1. Trust Yourself. You are the Latest in the Unbroken Chain of the World's Top Parents.2. Lower Your Expectations.3. Accept All the Help You Can Get4. Get Your Priorities Straight: Should You take a break or do the dishes?5. Be Flexible. It is better to bend than snap.6. Know Thyself. Share how you are feeling.7. Don't Rock the Cradle to Hard. Know when to take a break.8. Keep Your Sense of Humor Handy9. Take Care of Your Spouse10. Don't Ignore Depression.ÃƒÂ¢Ã â ¬Ã Â•Review by Carrie

First off, I completely believe that the techniques in here are going to be a lifesaver. Every nurse, pediatrician, or midwife I've talked to has recommended these techniques. However, putting them into a book is really stretching the material, and involves a LOT of repetition of the same stories and arguments over and over. This could be condensed into a pamphlet. In fact, I just finished watching Dr. Karp explain the entire book in a six-minute spot on a daytime TV show (found for free on the Internet).As an expectant parent who wants to be well informed, I have a lot of books on my reading list. This took up way more time than it should have. If you're a new/expecting parent, do yourself a

favor and find this info for free on the Internet. If you want to buy this as a gift, do the expectant parents a favor and get the DVD or instant video instead.

These techniques work! It is also nice to know the reasons why these techniques work. I would like a section on how and when to wean the baby off; when I know the baby is ready to sleep without these techniques.

I had this book with my first child, and loaned it away. They loved it so much, I never got it back. He basically proves that if you are willing to follow the 5 S's you can sooth any baby. Babies manifest their fear of being out of the womb by crying and literally going through denial about not being rocked, fed, and held warm and snugly constantly. Dr. Karp says, using these 5 S's you can help make the shift from womb to home easier on your child. He uses evidence from cultures around the world where colic is totally absent, and helps parents understand that the "un-ending crying" or "purple crying" is something any parent can handle. Had to buy this one again and restock my library. I also love the sequel, "Happiest Toddler on the Block." Dr. Karp is Amazing!

The first part of this book focuses mainly on colicy babies and how to handle it. Luckily our baby didn't have colic. The next part of the book talks about soothing techniques for any baby. These worked like a charm for our little guy. He has been an overall really easy baby, but we read this book before he was born and started immediately using the techniques described in the book. They worked so great for our little guy.

This book was a life saver. Great information to explain what a newborn needs. Our baby sleeps through the night. Using the techniques in this book it is very easy to calm her.

I feel like I have so many mom friends who could seriously use a good dose of this book. I now recommend it to everyone. For me personally, it was kind of common sense advice, but I haven't had my baby yet, and am not a hormonal wreck currently, lol. I can imagine once you're in the thick of things, it would be nice to have this book to go back to in order to help you calm your baby. I particularly like that he tells moms that just bc your baby isn't soothed instantly doesn't mean it isn't working. I hear a lot of women saying swaddling didn't work for their kids merely bc the kid initially fussed more- well that's exactly what he says *will* happen- you have to use the 5S's all together.Update: Baby is currently 6 weeks old, so I *am* the hormonal wreck, now, ha! Best thing

about this book is that my husband read it, too, and actually uses the 5 S's because someone "official" recommended them. ;) They keep our baby pretty dang happy and calm!

Great info but first 4 chapters were so repetitive and superficial I wanted to quit reading it (3 of those chapters just need to be deleted). The rest of the book was better but I think his editor should have only allowed half of the stories about his patients they too got repetitive. The individual chapters on each "S" were better and useful to me, during pregnancy. I was a super colicky baby so having some ideas and background on it before my first child is reassuring.

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