



The Wonder Weeks: How to Stimulate Your Baby's Mental Development and Help Him Turn His 10 Predictable, Great, Fussy Phases Into Magical Leaps Forward

Frans X. Plooij, Hetty van de Rijt, Xaviera Plas-Plooij (With)

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--The worldwide bestseller and multiple award winning--The Wonder Weeks. How to stimulate your baby's mental development and help him turn his 10 predictable, great, fussy phases into magical leaps forward describes the incredible mental developmental changes (leaps) and regression periods that all babies go through. Understanding the real reason behind crying, eating and sleeping problems is the only real solution every parent needs. The Wonder Weeks reveals what's going on inside baby's mind. The book includes: - Week-by-week guide to baby's behavior- When to expect the fussy behavior, what this implies (cranky, clingy, crying (the three C's) behavior) and how to deal with these regression periods (leaps)- A description from your baby's perspective of the world around him and how you can understand the changes he's going through- Fun games and gentle activities you can do with your child The book is based on the scientific- and parental-world-changing discovery of a phenomenon: all normal, healthy babies appear to be more fussy at very nearly the same ages, regression periods, and sleep less in these phases. These age-related fluctuations in need for body contact and attention (regression periods) are related to major and quite dramatic changes in the brains of the children. These changes enable a baby to enter a whole new perceptual world and, as a consequence, to learn many new skills. This should be a reason for celebration, but as far as the baby is concerned these changes are bewildering. He's taken aback--everything has changed overnight. It is as if he has woken up on a strange planet. He needs you to guide him and understand what he is going through! Get ready to rediscover the world all over again with your baby...

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From Reader Review The Wonder Weeks: How to Stimulate Your Baby's Mental Development and Help Him Turn His 10 Predictable, Great, Fussy Phases Into Magical Leaps Forward for online ebook

Julie says

I totally appreciate the concept of this book. And it is definitely comforting knowing that there are developmental leaps that cause difficult periods. But this book is just FAR too repetitive. It could (and should!) easily be condensed into just 1 chapter.

Michelle Rittler says

One of the most frustrating things about being a new parent is not knowing why our baby is upset or what we can do to calm her down. This book is super helpful in identifying fussy periods and gives a list of things to possibly look for in her behavior that may indicate she's going through a major period of mental development.

For me, the most valuable parts of the book were surrounded around the list of suggestions of games to play and activities to do with the baby to help her focus on the new skills she's acquiring and to remain relatively calm when she's going through a fussy period.

I'd highly recommend this book (or mobile app) to any new parent!

Alana says

Interesting to read chapter by chapter as child goes through development leaps, to understand what your child is learning. Helps to emphasize with child when they are going through fussy or clingy stages. Also helps to understand what to expect, when and how to stimulate them at that time. It was a bit long winded, and I mostly used the associated app and dipped into this book when I wanted more information.

Emily Hill says

Officially DNF; was extremely helpful for the first 10 or so months, but I haven't even bothered to look at it for the last 5 months, probably to do with the fact that he is starting to be able to convey things better on his own. Still may use it again as reference material, interesting info.

Natasha Marie says

A book that makes sense of and predicts your baby's fussy periods and developmental leaps?! Yes, please!!

Totally loving this book! It really does help me to be more patient during the fussy times, just knowing why she is so fussy. And I love how they give you ideas for games and toys baby might enjoy at each leap. Turns out, my baby girl loves it when we do "sit-ups". :)

We're getting close to the 5th leap, which is week 26. Baby girl is 6-months-old now. She still isn't sleeping consistently through the night during this fussy period (she slept through the night at 3 months), and wants to be held and entertained during the day. Getting so close to crawling!

Scott says

I read this with the growth of my daughter to help her flourish and develop as much as possible, using The Wonder Weeks as a guide through her moments.

It often seemed repetitive with each leap being similar in stages, but it was interesting to help chart her growth and development. There were some helpful tips to encourage her development.

Recommended reading for new parents.

Mia Judkins says

Keeps us sane when the baby is not.

Jacquie Brauer says

The book was very helpful and informative. I usually don't hold much stock in these types of books, as everyone is different, but this book gave a lot of different ideas to think about. It was interesting to see the book come to life while watching my son grow and learn. I recommend for all new parents. Makes things a little less scary.

Brittany Brenner says

Plenty of good information mixed in with a lot of repetition, which made it draining to read after a while. The basic idea is a pretty neat one - what mental jumps is your baby making when? But the surrounding information is all the same: the baby will be fussy, you'll be frustrated, then suddenly they'll do something new and awesome. This book is at least twice as long as it actually needs to be.

Katherine says

I only read the first few chapters of this one - it seemed like a lot of repetition of what I had already read in other books. If I had started with this one, it would have probably been more useful. I did download the app and it is entertaining peeking in on upcoming milestones.

Caitlin Padanyi says

This book must've been translated directly from Dutch because the writing is really cumbersome.

The suggestions in this book often caused more stress than necessary "Ah! Should my baby be able to do that already!" But overall the concept is interesting and did occasionally give me a reason to excuse my baby's craziness.

Lucy Ponton says

Useful to know when the fussy stages are and possible games/toys to have to play with. A easy book to dip in/out of with helpful explanations

Emily Orgill says

I borrowed it from a friend, and didn't finish it. But what I did read was helpful in giving me patience with my second child's fussier weeks.

Harmony says

I appreciate the insight into why my kiddo is behaving the way he is as well as what is happening in his little brain.

Breanne McIntyre says

I'm not so much finished with this book as I am just done reading it. I kept up until Wonder Week 12 (3-month old baby) when - guess what? - this new mental leap will consist of crying, fussiness, loss of appetite, sleep refusal, and your frustration. I checked back in at Wonder Week 48 and, yup - you guessed it: mental leap will consist of crying, fussiness, loss of appetite, sleep refusal, and your frustration. What a racket.
