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The Wonder Weeks



Synopsis

"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 in easy-to-understand terms the incredible developmental changes and regression periods that all babies go through during the first 20 months of their lives. The extended, white cover edition describes 2 more leaps in the mental development of your baby up to the end of the sensorimotor period. The book offers guidance how to ...:

- Know when and why your baby is fussy
- Help him/her (and yourself!) get through / survive the fussy phases
- Get the most out of these developmental phases

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. A worldwide bestseller and sanity savior for parents around the globe. 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. 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

Expert reviews: ---

- "This is a very practical and entertaining window into the baby's first year and a half. van de Rijt and Plooij have observed and found the vulnerable times in an infant's development that I independently came to in my book *Touchpoints* (Perseus). The authors' observations and practical suggestions are wonderful."
- (T. Berry Brazelton, M.D., professor emeritus, Harvard Medical School).
- "Anyone who deals with infants and young children will want to read 'The Wonder Weeks.' This book will open parents' eyes to aspects of their children's growth, development, changing behavior, and emotional responsiveness that they might otherwise not notice or find puzzling and distressing."
- (Catherine Snow, Ph.D., Shattuck Professor of Education, Harvard Graduate School of Education).
- "van de Rijt and Plooij's work on infant development has enormous value for clinical use and scientific application. Not only have they explained the periods of puzzling, difficult behavior in infancy which so worry parents, they have also shown how these behaviors mark developmental leaps and have described the stages in the infant's understanding. Together, this gives parents and

professionals soundly based insight into babies' developing minds. What's more, van de Rijt and Plooij have described the play and communication that work best with babies at different ages and thus helped parents understand and connect sensitively with their babies. This parent-child connection is the major prerequisite for the development of secure, well-adjusted children. 'The Wonder Weeks' is essential reading for everyone who works with infants: pediatricians, social workers, psychologists, and, of course, parents. • (John Richer, Ph.D., Dip. Clin. Psychol., consultant clinical psychologist and Head of Pediatric Psychology, Department of Pediatrics, John Radcliffe Hospital, Oxford, England).

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Customer Reviews

If I have only enough money to buy one book for a new parent, this is the book I get them. I have yet to meet a parent who didn't wonder why their baby suddenly got fussy, stopped sleeping 'right' (or slept worse!), refused food, seemed to want to be held constantly... were they 'spoiled?' did we do something WRONG? AHHHH! And here, the answer - it isn't you, it is normal brain development, hang in there and watch for the fantastic new things your baby will understand in just a few weeks!! I first learned about this research back before it was translated to English, and scraped by with my

sanity (and less fretting!) on just a few notes translated online. Having the book available is so much better! Being able to look ahead on the calendar and say 'oh, shoot, two weeks from now may not be a good time, hmm, adjust schedules'? So much better than being blindsided by the sudden-who-took-my-baby-and-left-me-this-changeling reaction! :)It's even nicer to be able to see how long the fussy stage is likely to last. I can hang on better if I know it isn't a permanent condition. I can't emphasize enough how useful it is (especially for first-timers) to know that I didn't do something wrong. I've had people see my baby in a fussy stage all clingy and say 'oh, do you stay home? you've spoiled him, he's not used to being put down!' and then when they find out I was working turn around and say 'oh, so he just MISSES you' - uh, guilt trips either way you go? Nice to be able to say, 'nope, just the normal fussy stage for X weeks, his brain is learning about Programs (or whatever), there's a lot of changes going on inside there!'Nothing parents need more than more sanity and less guilt.

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