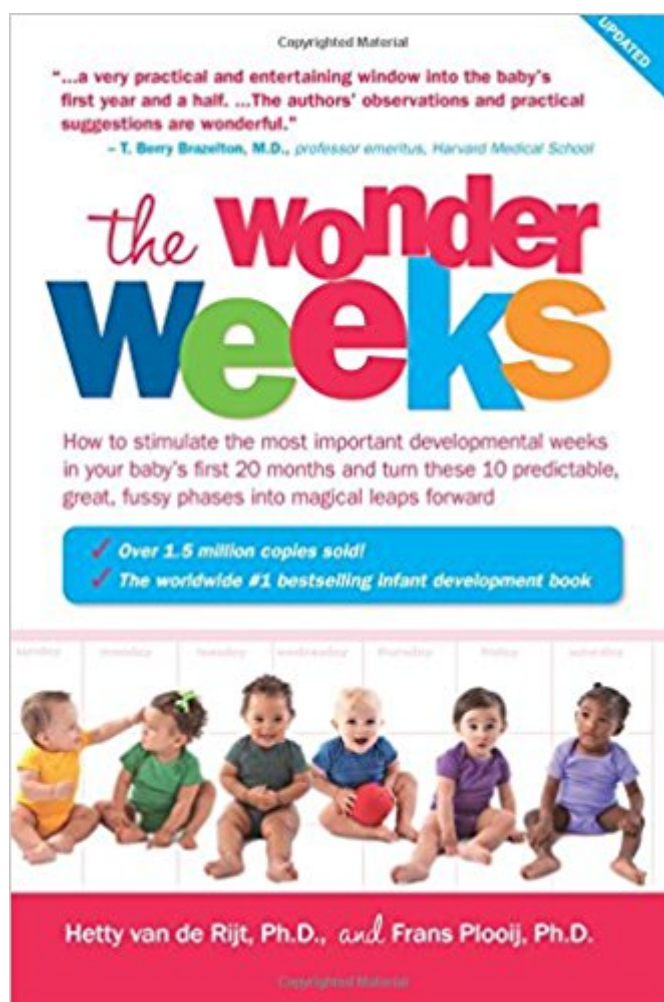


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# The Wonder Weeks: How To Stimulate Your Baby's Mental Development And Help Him Turn His 10 Predictable, Great, Fussy Phases Into Magical Leaps Forward





## Synopsis

The Wonder Weeks 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.

Age-related fluctuations and the need for body contact and attention are all related to major and quite dramatic changes in the brains of children. These changes enable a baby to enter a whole new perceptual world and, as a consequence, to learn many new skills. Wonder week by wonder week youâ™ will discover the dates in the first 20 months when all babies take ten major development leaps. Learn how to encourage each leap forward. Help your baby with the three Csâ™ of fussy behavior: Cranky, Clingy and Crying. Recognize the on-set of stressful times and join your children in coping with them. 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, The Wonder Weeks will help your baby, and you, get the most out of these developmental phases.

## Book Information

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## Customer Reviews

View larger The Wonder Weeks: A Smart Start For A Happy Beginning! Everyone's perception is more beautiful if they know they're understood. This also applies, perhaps even more so, to babies, but understanding a baby is not that easy because their perception is so different from ours. With our knowledge, we hope to show you the perception of your baby so that you know what is going on inside their little head and that they feel understood and appreciated. It provides your baby with the opportunity to develop in their own special way and to reach their true

potential. It's the foundation of a smart start for a happy beginning.

[View larger](#)    **The Wonder Weeks: A Parent Traveler's Guide**    Before your baby is 20 months old, they make ten leaps in their mental development – ten crucial key periods called Wonder Weeks. With each of these ten Wonder Weeks, a baby gets a totally new perception of the world. They are suddenly able to perceive things they couldn't before. Suddenly, everything changes. It's as if they just woke up on a new planet where everything they knew had suddenly changed. So just imagine if this happened to you. You'd go to bed, and when you woke up, everything was different. What would you do? You would probably Cling to the only one you knew, Cry, and probably be a little Cranky too. Well, so is your baby. The Wonder Weeks is like a parent traveler's guide, explaining every new world your baby will enter, when they will enter them, what they can do in this new world (their new abilities), and how you can help them discover this new world.

[View larger](#)    **The Wonder Weeks: Ingredients**    This book grows with your baby. You can compare your experiences with those of other parents during all stages of your baby's development. Each leap is discussed in a separate chapter and consists of four sections:    **This Week's Fussy Signs:** This first section describes the clues that your baby is about to make a developmental leap. Even though your baby can't form the words to tell you what is going on, they are able to communicate quite a bit. Watch for these sometimes-subtle, sometimes-not-so-subtle clues that your baby is changing and about to leap into the next new world.    **As the major changes in your baby affects them, they're bound to have an effect on you as well.** This book also describes the emotions you may feel as a parent or caregiver.    **The Magical Leap Forward:** This second section in the book discusses the new abilities your baby will acquire during the current leap. In each case, it's like a new world is opening up that's full of observations they can make and skills they can acquire. If you watch your baby closely, you will be able to determine where their interests lie. As you mark off the things that they are showing you that they can do in this world, be aware of the uniqueness of your child.    **What You Can Do to Help:** The section, **What You Can Do to Help,** gives you suggestions for games, activities, and toys that are appropriate for each stage of development, which will increase your baby's awareness and satisfaction – and enhance your playtime together. The more your baby plays or experiments with a new skill, the more adept they will become. Practice makes perfect as far as babies are concerned, too. Your baby may want to try out a new skill over and over

again. Although they will play and practice on their own, your participation and encouragement are vital. **After the Leap:** This last section lets you know when you can expect your baby to become more independent and cheerful again. This is likely to be a delightful time for parents and babies when both can appreciate the newly acquired skills that equip the baby to learn about and enjoy their world. However, this book is not just for reading. **My Diary:** You can keep a personal record of your baby's interests and progress in the **My Diary** sections provided throughout this book. They offer space for you to record your thoughts and comments on your child's growth and budding personality so that you can easily turn this book into a diary of the development of your baby.

[View larger](#)   **Parents Love The Wonder Weeks**   The best reward The Wonder Weeks get, almost daily, is from parents all over the world who write to us, telling us that they love The Wonder Weeks and how it helps them and their babies.

"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. • *The Wonder Weeks*: One of our own personal favorites! • The Bump editors Featured in AWHONN magazine Healthy Mom & Baby: "Breakthrough science reveals the true reasons of fussiness and weeks of wonders" • I had no clue about The Wonder Weeks with my first daughter. Having this knowledge now has saved my sanity! Mental leaps aren't always the easiest for both baby and parent, but I'm armed with the tools to help my daughter through these changes, and it helps to quell my mind as to what could be causing her so much fuss. It's normal. • Babyzone, courtesy of Disney • A must for every parent. • Washington Times • "Finally figured out one phase of the baby's developments to be blind-sided by an entirely new one? This book will get you through those transition times" • Examiner.com

Hetty van de Rijt studied Educational Psychology at the University of Nijmegen, the Netherlands and obtained her Ph.D. in Physical Anthropology at the University of Cambridge, England. At the University of Amsterdam, Dr. van de Rijt studied the development of human babies in their home environment. As lead author with her husband as co-author, she wrote the best-selling parenting book *The Wonder Weeks*, which has been published in twelve languages, from the USA to Japan. Frans X. Plooij studied behavioral biology in the Netherlands in Amsterdam, Nijmegen, and Groningen, where he received his Ph.D. in 1980. He is a full member of several international, scientific societies including the New York Academy of Sciences. Together they studied infant development in free-living chimpanzees with Dr. Jane Goodall in the Gombe National Park, Tanzania, East Africa. Dr. Plooij is director of the International Research-institute on Infant Studies (IRIS) at Arnhem, and president of Kiddy World Promotions B.V.

Some of the information is right on and makes a lot of sense, but the older my baby gets the more off the weeks become. Every child's developmental milestones can be very unique and not on schedule. However, this book gives you a basic understanding of what to expect and when. The negative review is not of the info, but of the way the book is written. If you go to the site you can get all the information you need for free on the weeks and milestones. What this book adds is completely unnecessary and trivial mothers' quotes about their kids and what they went through. It's not educational at all, it's just anecdotal. The book will talk about babies learning that you and they are separate entities, for instance, and then it will start quoting random mothers who went through the separation issues with their babies. And they're not telling you solutions, they're just saying things like: One night Matthew starting screaming every couple hours. I realized that he just missed me and was scared that I wasn't with him. He did that for a couple weeks until he learned that I'm still somewhere near by. - Matthew's mother. This kind of stuff fills 75% of the book and to me is a complete waste of time to read. I'm a new mom, I need clean cut info, I don't have time for empty pages of random mothers' ramblings. I can go to a mommy group for that.

I find this book to be really really helpful when I am frustrated trying to figure out why my daughter is so fussy! It has tons of insight and notes from other moms who have gone through the same thing. I also use the app that goes along with this book and it's crazy how spot on they can be! So helpful for getting through leaps!!!

Wish I had read this with my first baby. This book has helped to make sense of my baby's growth

patterns and has turned previously bewildering swings in behavior to predictable growth spurts. Even better, it guides me through turning these frustrating growth spurts into exciting learning experiences. Loved the book so much I downloaded the app.

This has been super helpful in us understanding our little girl and each development phase she has occurred. It's also been exciting to be able to see the new awareness/abilities she gains as she's grown. We would not have noticed them as quickly had it not been for this book.

Perfectly lines up with my son's behaviors. Now I know what is going on and understand why he may be fussy and I'm more patient! I love the check boxes too. It's nice to see what we can work on during leaps and what is coming up at a quick glance.

So interesting to read about the upcoming milestones! Their app is also a great cheat sheet, but the book has suggestions on activities for each leap and goes more in depth so I enjoyed having the book to refer to as well. Highly recommend.

My son experienced Wonder Weeks almost exactly as predicted by this book. Keep up with the reading and it will prepare you for what lies ahead. I particularly enjoyed the examples and testimonials from other parents. Helpful for a first time Mom.

Suddenly your infant won't sleep or is really cranky - what gives? It's probably a leap week. I first heard about the book two years ago when my first daughter was quite young. Many moms in my mom group were talking about how it was a wonder week for their baby. I checked the book out of the library and it was a great resource. When I got pregnant with my second I decided I should just get a Kindle version of the book since I read it so often in the first few months.

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