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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).

## Book Information

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## Customer Reviews

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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