



The Happiest Baby on the Block

By Harvey Karp

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In perhaps the most important parenting book of the decade, Dr. Harvey Karp reveals an extraordinary treasure sought by parents for centuries—an automatic “off-switch” for their baby’s crying.

No wonder pediatricians across the country are praising him and thousands of Los Angeles parents, from working moms to superstars like Madonna and Pierce Brosnan, have turned to him to learn the secrets for making babies happy.

Never again will parents have to stand by helpless and frazzled while their poor baby cries and cries. Dr. Karp has found there IS a remedy for colic. “I share with parents techniques known only to the most gifted baby soothers throughout history ...and I explain exactly how they work.”

In a innovative and thought-provoking reevaluation of early infancy, Dr. Karp blends modern science and ancient wisdom to prove that newborns are not fully ready for the world when they are born. Through his research and experience, he has developed four basic principles that are crucial for understanding babies as well as improving their sleep and soothing their senses:

The Missing Fourth Trimester: as odd as it may sound, one of the main reasons babies cry is because they are born three months too soon.

The Calming Reflex: the automatic reset switch to stop crying of any baby in the first few months of life.

The 5 “S”s: the simple steps (swaddling, side/stomach position, shushing, swinging and sucking) that trigger the calming reflex. For centuries, parents have tried these methods only to fail because, as with a knee reflex, the calming reflex only works when it is triggered in precisely the right way. Unlike other books that merely list these techniques Dr. Karp teaches parents exactly how to do them, to guide cranky infants to calm and easy babies to serenity in minutes...and help them sleep longer too.

The Cuddle Cure: the perfect mix the 5 “S”s that can soothe even the most colicky of infants.

In the book, Dr. Karp also explains:

- * What is colic?
- * Why do most babies get much more upset in the evening?
- * How can a parent calm a baby—in mere minutes?
- * Can babies be spoiled?
- * When should a parent of a crying baby call the doctor?
- * How can a parent get their baby to sleep a few hours longer?

Even the most loving moms and dads sometimes feel pushed to the breaking point by their infant's persistent cries. Coming to the rescue, however, Dr. Karp places in the hands of parents, grandparents, and all childcare givers the tools they need to be able to calm their babies almost as easily as...turning off a light.

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The Happiest Baby on the Block By Harvey Karp Bibliography

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Editorial Review

From Publishers Weekly

Karp, a pediatrician in Santa Monica, Calif., and assistant professor at the School of Medicine, UCLA, offers a new method to calm and soothe crying infants. While nursing or being held satisfies some babies, others seemingly cry for hours for no reason. These babies suffer from what Karp calls the Fourth Trimester. When you bring your soft, dimpled newborn home from the hospital, you may think your nursery is a peaceful sanctuary.... To him, it's a disorienting world part Las Vegas casino, part dark closet! Karp recommends a series of five steps designed to imitate the uterus. These steps include swaddling, side/stomach position, shhh sounds, swinging and sucking. The book includes detailed advice on the proper way to swaddle a child, the difference between a gentle rocking versus shaking and more. According to the author, virtually all babies will respond to these strategies although some trial and error may be needed to find the most effective calming method. A number of the steps letting kids nurse more frequently or encouraging babies to use pacifiers, for instance contradict other childcare experts. However, parents who are at their wits' ends because of a baby's incessant crying will find this book invaluable. In fact, expectant parents may want to read it before they bring their newborns home from the hospital.

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Review

"Karp offers a unique approach to the tantrums, melt-downs and overriding challenges that often accompany the demanding years from one to four.... Soothing and offers new hope and strategies to those who may have given up on making sense of the toddler years."—*Publishers Weekly*

"You want help? This is r-e-a-l help! **The Happiest Toddler on the Block** is one of the smartest parenting books of the past decade. Over and over, parents will find themselves proclaiming, "Thanks, Dr. Karp...Now I get it!"—Kyle Pruett, MD, Professor of Child Psychiatry, Yale University School of Medicine and author of *Fatherneed: Why Fathercare is as Essential as Mother Care for Your Child*

"Dr. Karp's approach is terrific...and fun! His book will help parents, grandparents and everyone who cares for toddlers be more effective."—Martin Stein, MD, Professor of Pediatrics, University of California San Diego, Children's Hospital San Diego

"Dr. Karp helps parents turn the "terrible" twos into "terrific" twos. His work will revolutionize the way our culture understands toddlers!"—Roni Cohen Leiderman, PhD, Associate Dean, Mailman Segal Institute for Early Childhood Studies, Nova Southeastern University

"Dr. Karp has done it again! Parents will find reading **The Happiest Toddler on the Block** a joyous adventure...with pearls of wisdom waiting for them on every page."—Morris Green, MD, Director, Behavioral Pediatrics, Indiana University, Riley Hospital for Children, editor, *Pediatric Diagnosis*

"Dr. Karp's excellent approach gives parents the tools they need. His simple methods make raising rambunctious toddlers a whole lot easier."—Steven Shelov, MD, Editor in chief of *American Academy of Pediatrics' Caring for Your Baby and Young Child*

"Dr. Karp's new book is an innovative, unique and thoroughly enjoyable guide to toddler behavior!"
—Donald Middleton, MD, Professor of Family Medicine, University of Pittsburgh School of Medicine.

"Parents will be delighted by this clever approach to communicating with toddlers. It allows us to see the world from our children's unique point of view."—Janet Serwint, Professor of Pediatrics, Director of the Harriet Lane Children's Clinic, Johns Hopkins School of Medicine

"It really works! With great humor and a gentle touch, Dr. Karp shows how to raise happy, well-behaved toddlers. His book is invaluable.—Gabrielle Redford, Senior Editor, AARP The Magazine (and mother of 17-month-old twins)

From the Inside Flap

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From the Hardcover edition.

Users Review

From reader reviews:

David Lalonde:

Now a day people that Living in the era just where everything reachable by match the internet and the resources included can be true or not demand people to be aware of each info they get. How a lot more to be smart in acquiring any information nowadays? Of course the answer is reading a book. Reading a book can help folks out of this uncertainty Information specially this The Happiest Baby on the Block book because this book offers you rich data and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it everybody knows.

Terry Dansby:

This book untitled The Happiest Baby on the Block to be one of several books in which best seller in this year, that's because when you read this guide you can get a lot of benefit in it. You will easily to buy this specific book in the book shop or you can order it by means of online. The publisher of this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Mobile phone. So there is no reason for your requirements to past this reserve from your list.

David Barr:

As we know that book is significant thing to add our knowledge for everything. By a reserve we can know everything we want. A book is a list of written, printed, illustrated or blank sheet. Every year was exactly added. This e-book The Happiest Baby on the Block was filled about science. Spend your spare time to add your knowledge about your technology competence. Some people has various feel when they reading any book. If you know how big selling point of a book, you can experience enjoy to read a e-book. In the modern era like today, many ways to get book you wanted.

Ronald Jackson:

As a university student exactly feel bored to help reading. If their teacher questioned them to go to the library or even make summary for some publication, they are complained. Just very little students that has reading's heart and soul or real their interest. They just do what the instructor want, like asked to go to the library. They go to there but nothing reading really. Any students feel that reading is not important, boring along

with can't see colorful pics on there. Yeah, it is to get complicated. Book is very important for yourself. As we know that on this period, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore this The Happiest Baby on the Block can make you experience more interested to read.

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