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# The Fussy Baby Book: Parenting Your High-need Child From Birth To Five

fussy baby  
book

'The clearest and most  
caring voice in childcare'  
Steve Biddulph



Parenting your high-need child from birth to five

**DR WILLIAM SEARS AND MARTHA SEARS, R.N.**  
THE MULTI-MILLION-COPY BESTSELLING AUTHORS



## Synopsis

The best-selling authors of The Baby Book (Dr William and Martha Sears) have created a supportive and practical guide to coping with difficult and fussy children. The book contains proven methods for dealing with a multitude of difficulties you may encounter. Parents of fussy or difficult children, take heart, best-selling childcare experts William and Martha Sears have written a book just for you. Drawing on more than twenty years of paediatric practice and their experiences with their own high-need children, they provide:- Creative ways to soothe a fussy baby- Information on medical causes of infant fussiness â “ from infections to food sensitivities- Effective ways of coping with common high-need personality traits and behaviour- Proven strategies for discipline â “ getting connected to your child early, providing structure, setting limits, knowing when to say yes and when to say no- Tips on learning how to talk and listen- Real-life stories and advice from parents of high-need children

In The Fussy Baby Book Dr. William and Martha Sears acknowledge the difficulties you face but show you how responsive parenting can turn these challenges into advantages for both you and your child. The Seares prove that difficult children can provide the most rewarding parenting experiences of all.

## Book Information

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## Customer Reviews

Our daughter was THE "poster child" for colicky, fussy babies. She had colic so severe [crying 10-12 hours a DAY for first 12 weeks!] that our Pediatrician told us "This isn't colic, she just has a bad disposition." [UGH - we don't use him any more needless to say - and the crying stopped abruptly at 12 weeks]. After the colic passed, she continued to be a VERY "hands on, high need" baby. She was quite a challenge to parent that first year. Thank goodness I found this book! I can still remember the first time I read it - the sigh of relief that I wasn't alone and the wonder at all the great ideas and suggestions in the book. We put these suggestions to work in our parenting and followed Dr. Sears' advice to the letter. Now we have an angelic two year old - she's a joy to be around. She is now the easiest kid in the world to parent - the most easy going, friendly, and sweet kid you could imagine. Now my friends all say how lucky I am to have such an easy toddler! I think it is due in great part to Dr. William and Martha Sears and their wonderful insight and advice - their suggestions certainly worked for us!

My first child was very difficult. I feel like I read a lot of books, and asked a lot of friends for advice, and just tried everything. Nothing worked, the binkies, the sleep training, the 5 S's, the white noise, the loovies, the music, the routines, going to sleep earlier, going to sleep later, different foods, nothing. All he wanted was for us to hold him \* all \* the \* time \*. And if we did that, he was perfect. The only problem was, we were exhausted. He never slept. He nursed for 1-2 hours at a time, around 12 times a day (yes, do the math there ...). He woke up at least 5 times a night until he was 3 years old. If we let him cry, his cries just got worse and worse and worse, but he never calmed down. He wouldn't fall asleep from exhaustion. He would stop crying when we finally gave in and just held and nursed him. It wasn't that ignorable sort of whiny whimper either - it was all out the world is ending holy s\*\*\* I think I'm dying kind of crying. So all those books, all that advice (from people who had never had a baby like this and had no idea) just made me feel like a failure. Then I found this book. This book didn't make me change anything, really. It just made me ok with what I was doing for survival already: taking my cues from the baby, holding the baby if he needed to be held, sleeping with the baby, nursing on demand. It made me feel like I wasn't a failure and it felt so good to read some of these stories from parents going through what we were going through. And, eventually that time passed, and he is now a very sweet, kind boy. We had another child, and she is nothing like our first child. She is a pretty typical baby and responds well to all the other sort of techniques parents use. She doesn't especially like to nurse or be held all the time. She's pretty independent. She was just born that way. It just drove home for me that every person - including babies - is unique.

I have gathered a vast collection of child care books, and none of them were as helpful as this one. It was frustrating when my friends/family just didn't understand how it was that I simply "couldn't put my daughter down" until she was about 7 months old... how it was possible that she didn't like to be touched, but had to be held all the time... how she simply didn't nap... I was told that I was only making it worse by indulging her ("let her cry a bit!", "teach her to be patient!", etc.) Well, when I read this book, I felt an enormous sense of relief that my baby wasn't the only one like this. I was also thrilled to learn about concrete ways to care for my not-so-ordinary baby. We have ended up with a happier child and happier mom, too! This is THE book for parents of high-maintenance, high-sensitivity, high-needs babies.

I have mixed feelings about this book. Like many others this book made me feel that I was not alone in having a baby that needed to be held all the time. When describing the "high-needs baby" the book described my baby perfectly. I appreciate that Dr. Sears differentiates between "colicky" babies and "high-needs" babies. Dr. Sears does a good job listing medical problems that could be causing a colicky baby but does not do the same for the high-needs baby. At 15 months, I found out that my baby has severe obstructive sleep apnea. Now, looking back on the book I wonder if the characteristics of the high-needs baby are not really symptoms of sleep deprivation. If your baby does not respond to sleep training and is fussy -- consider a sleep disorder and see a sleep specialist. Sleep doctors are usually found in the Pulmonary dept. of a Children's hospital. Some areas of the country may not have pediatric sleep specialist -- if so consider talking with the sleep specialist for adults. Other medical problems that cause a baby not to sleep also include allergies, reflux, and restless leg syndrome. Many pediatricians are not aware of the availability of sleep specialist. Now that my baby is sleeping she is no longer a high-needs baby. Those 16 months were the hardest of my life and I sure hope anyone out there going through the same thing gets the help and answers they need.

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