



# 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

By Frans X. Plooij, Hetty, van de Rijt

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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 By Frans X. Plooij, Hetty, van de Rijt

—The worldwide bestseller and multiple award winning—*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 the incredible mental developmental changes (leaps) and regression periods that all babies go through. Understanding the real reason behind crying, eating and sleeping problems is the only real solution every parent needs. *The Wonder Weeks* reveals what's going on inside baby's mind.

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

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.

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. He needs you to guide him and understand what he is going through! Get ready to rediscover the world all over again with your baby...

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## **Editorial Review**

### **Review**

"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

### **About the Author**

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.

## **Users Review**

### **From reader reviews:**

#### **Eddie Horton:**

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