



## Secrets of the Baby Whisperer for Toddlers

*Tracy Hogg, Melinda Blau*

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Unnerved by the ceaseless demands of your toddler? Concerned that your two-year-old isn't developing on schedule? You clearly need to spend some time with Tracy Hogg. Nicknamed the "baby whisperer" by grateful parents because of her extraordinary gift for understanding and connecting with children, Tracy became internationally famous after the smashing success of her *New York Times* bestseller *Secrets of the Baby Whisperer*. Now Tracy is back with the same winning blend of common sense and uncanny intuition. Starting with the simple but essential premise that there is no such thing as a "typical" child, Tracy guides you through her unique programs, including

- **H.E.L.P.** (Hold back, Explain, Limit, Praise): the mantra that will remind you of the four elements that are critical to fostering your child's growth and independence, while at the same time keeping him safe.
- **Using T.L.C.** (Talk, Listen, Clarify) to communicate with your toddler, to figure out what she is really thinking, and to best help her express herself.
- **R&R:** Routines and Rituals that give structure and predictability to daily life and a sense of continuity to holidays and special occasions.
- **Rehearsals for Change:** ways of preparing your toddler for new experiences by encouraging her to practice her skills in the safe, controlled setting of your family.
- **Conscious Discipline:** a way of teaching your toddler how to behave and manage his emotions, while being mindful of the lessons you teach with your own behavior.

Practical, reassuring, and written with wit and energy and boundless enthusiasm for real children and their everyday behavior, this book will be your constant companion during the magical, challenging toddler years.

## Secrets of the Baby Whisperer for Toddlers Details

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## From Reader Review Secrets of the Baby Whisperer for Toddlers for online ebook

### ACT says

I loved her Baby book but her advice here just didn't quite feel as in tune as she is with babies.

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### Jackie says

As I do with all parenting books, I chewed the fish and spit out the bones with this one. This one had more fish than bones in terms of practical advice, which was great considering I have precious little time to read in this season of my life. Here are a few of my takeaways:

- be careful not to inundate your toddler with toys or they could become immune to the joy of gifts or even novelty itself
- toddlers need boundaries
- your toddler can never have too much affection, but he CAN have too much praise. If you praise him merely for existing, he will learn that praise doesn't mean anything special, and he'll eventually tune it out
- rituals and routines are important for toddlers
- don't "reward" tantrums by responding with frustration, yelling, or anger or even excess attention. Every tantrum is an opportunity to model how a person ought to behave. By handling our own emotions well, we teach children how to control their own emotions.

Overall, I recommend this book as highly useful in developing strategies for parenting toddlers well.

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### Lucy Niven says

This book was recommended to me. I don't particularly like 'baby advice books' but there was some good tips in here and I particularly like the way that the baby's were categorised as I certainly know one of each type and it's true all babies are different. However a lot of the advice is outdated in relation to weaning etc !

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### Shani Aloni says

I read this book as I was struggling with my boy's sleep... I can't say that it saved my night sleep, as always there's a big gap between life as they look like in guidebooks and real life.

However, I liked the attitude that is accepting of the child's born nature and yet set some boundaries for family life. I liked that she encourages parents to take actions to change behaviors that are damaging for their family while reminding parents to be patient and that changes take time.

It's very clear that Tracy was working with very very rich families where one of the parents stays home or they have a nanny for the children. So the book rarely talks about daycares. That was the only thing that made some of it not very relevant to me.

I read some of the bad reviews here and as anything else in parenting - there's never one size fits all. We are

all so different in our attitudes! I guess there's no easy way, you have to try it yourself.

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### **Keegan says**

I think this lady has good ideas, but because I don't feel like I match up with her ideal parent (which really does sound amazing) I find them slightly overwhelming. The first day I read this book in large doses I did not feel good about myself. I've decided I've read enough of this book and it's time to return it. I am trying to apply the ideas that I came across that seemed useful. But I just couldn't handle an intensive reading of this book because it didn't really help me.

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### **Cheryl says**

"I found this book more like toddlers for dummies. Most of what i read was no brainer info although true. Not recommended

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### **Natalie says**

I finally finished this book! Not that it's a hard read, it's just not a priority with a kid and nap opportunities (or, let's be honest, American Idol on). It was good though. I definitely am happy to have any tips on making my life run more smoothly since this is the first time I've had a kid and I'm sure the next one will be different anyway. I think it's always beneficial to read varying tips and insights.

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### **Kara says**

Love it. Christian is a spirited baby. I love her positive ideas about discipline (teaching). Just reading this makes me calm down and be a better mom.

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### **Tori says**

this is exactly the kind of parenting book that makes moms everywhere hate parenting books. horrible.

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### **Chris McGrath says**

Original review here, update down below.

When my son was four months old, a friend recommended Tracy's book The Baby Whisperer Solves All

Your Problems for us to learn how to deal with the frustration of his difficult sleeping. Following her technique in that book saved me and my wife from going insane.

Now that my son is two, he's presenting a whole new set of challenges, particularly that we are not really sure how to properly discipline him so he learns good lessons. I decided this time I needed to dive in and read this book cover-to-cover, and I'm so glad I did. In a very short time I feel like I understand my son so much better, and as a result, I have far more patience with him and handle his outbursts more maturely. As a result, he is better behaved and doesn't need to be disciplined as often! Talk about a win.

A lot of the advice in this book boils down to recognizing who your child is, respecting his or her personality, setting good boundaries and limits, and teaching self-control. Sounds simple, right? Well, it is, but it's not always easy to know how to do these things properly, and sometimes the concepts run counter to what any individual parent may be naturally inclined to do.

UPDATE: It's been a few years since we've used this book and our kids have grown up a bit so I have more perspective now and I think there's a caveat to one of the primary pieces of advice Tracy gives. She is regularly saying "start as you mean to go on," which sounded great at the time, but I see now that you can absolutely drive yourself nuts trying to implement things for children before they are developmentally ready. So while I agree that you don't want to allow bad habits to begin, it's important to realize that sometimes what would be considered a bad habit for a 5-year-old is a developmentally normal and necessary behavior for a 2-year-old. We specifically struggled a lot with sleep training our child based on how we eventually wanted him to sleep rather than what he clearly needed at that age, and we suffered a lot of misery as a result.

I still think there's a lot of good advice in these books, but I'd also say that sometimes you just have to be willing to do things you might not want to do forever if that's what your child needs at the time.

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### **Sally Baumann says**

Good stuff! Same principles as Baby Wise (but with a British accent!)

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### **Sarah says**

I got as far as the temperament sorter (which groups toddlers into the ridiculous categories of angel, textbook, touchy, spirited, and grumpy) and abandoned the book.

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### **Eileen says**

Sometimes reading a parenting book can feel too much like "work" to me. I suppose parenting is my "job" now and I want to do a good job. But it's hard to focus on reading about toddlers when I've been dealing with one all day. Which is why it took me so long to read this book. I read it bit by bit, a chapter here, a chapter there. But, I do agree with her philosophy overall, and will try to carry some of it over into my real life. You should consider yourself an ally in teaching your child how to behave, each child is an individual and has their own personality and I share her stance on spanking. I am sure she would disagree w/ the fact that I give

my daughter a sippy cup every night full of water (this is like a pacifier to her, and is usually the only way she'll go back to sleep). But oh well.

I wish I had the 'right' parenting answers at all times, that I knew how to deal with every situation that comes up instinctually, that I always knew how to do the correct thing. I guess that is why I read parenting books, in the hopes that it will all sink in at some point. After reading some of the stories in this book, I think my daughter is actually a pretty good kid, or maybe I've done something right along the way, who knows.

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### **Kathleen Garber says**

I have not read Secrets of the Baby Whisperer but this book was great. Granted, since I read so much, I already knew most of these tactics even before my children were born but it is different actually putting them into practice sometimes.

Chapter Headings: Toddler Whispering, Loving the Toddler You Have, H.E.L.P. to the rescue, R&R (Routines and Rituals), Nappies No More, Toddler Talk, The Real World, Conscious Discipline, Time Busters and When Baby Makes Four.

However, before I go on about what I liked about this book, I must state the one thing that I HATED about this book. I'm not your luv or your ducky. I hate it when people call me hun or luv and it's even worse through a book when it's someone you've never even met. Every time she said luv or ducky I wanted to hurl the book across the room. When she does a reprint, I STRONGLY advise her to take those terms out. It's degrading and makes me feel like a stupid girl who knows nothing about the subject of child rearing. However, as annoying as that is, it doesn't have anything to do with the actual information in this book which is why it's still 5 stars.

I think the Loving the Toddler You Have chapter is THE most important. A lot of toddler troubles start because parents aren't accepting the type of child they have and are expecting them to be someone they are not. Tracy Hogg puts children into one of 5 categories, Angel, Textbook, Touchy, Grumpy and Spirited. Depending on which category your child falls into, will depend on how they react to certain situations. For example an Angel toddler will make new friends easily and will have little problem sharing toys and playing with others. A touchy or grumpy child however won't want to be looked at or touched, let alone sharing toys. However, there is NOTHING you can do to change your child.

All throughout the book, real-life stories are told along with how Tracy helped the family with their problem(s.) Also tips are woven throughout as well. I always find real-life stories much easier to identify with than hypothetical ones.

I STRONGLY recommend this book to ALL parents of toddlers, preferably once your child turns 8 months. Don't wait.

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### **Nikki Magennis says**

This book is making me very uncomfortable. For a start, the subtitle is 'how to control' your toddler. Really wary of books that purport to teach 'control' of children. The word 'Guide', for example, might have had more

positive overtones. There's also a strange presumption that all babies/families follow the same routines/have the same lifestyles. There's absolutely no suggestion in here that some families co-sleep, for example, not because they have failed to get their child into a cot, but because they have made a considered, thought-through decision.

I also loathe how the author recounts all these 'anecdotes', which she presents as observations but which are actually loaded with subtle subtexts about good and bad parenting (according to Hogg).

Some of the ideas in here are interesting - good advice on loving the child you have; and I love the idea that you can sort children into five Types, but I think her practical advice doesn't actually allow for much variation from the HoggBot school of parenting.

Altogether: too prescriptive, patronising and smug for me.

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