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From Babydom to Toddlerhood

Extended Edition of Worldwide Bestseller, *The Wonder Weeks*, Now Available

- Recommended by T. Berry Brazelton, Celebrated Pediatrician and Child Development Specialist,
Among Others -

New York, NY – Have you ever wondered what’s going on in your baby’s head? Why is a normally well-tempered baby suddenly difficult and demanding? And then, suddenly, he is doing things he could not do the day before.

Research has shown that babies make ten major, predictable, age-linked changes – or leaps – during their first 20 months of their lives. During this time, they will learn more than in any other year. With each leap comes a drastic change in your baby’s mental development, which affects not only his mood, but also his health, intelligence, sleeping patterns and the “three C’s” (crying, clinging and crankiness).

The Wonder Weeks Explained

Following each leap comes the “wonder weeks,” in which the baby has new and expanded brain capacity and is able to perceive and learn (to do) new things. Each leap sets the stage for subsequent development of skills. The age of onset of these skills depends on the baby’s preferences, experimentation and physical development. For example, the ability to perceive spacial relationships (fifth leap about 26 weeks) is a necessary precondition for “crawling inside or under things,” but this skill normally appears anywhere from 6 to 11 months.

As amazing as this is, it is also scary for the baby. Suddenly, he can think, feel, notice and understand what is happening around him in a new way. The perception of sensations does not change with increasing age, but becomes subservient to the new, higher levels of perception that are emerging one after the other in the hierarchy and that are superposed onto the already existing, lower levels of perception. These changes in thinking can show up in changes in what he can do and how he behaves. That is why, before he is able to explore his new abilities, he often cries more, is more clingy and crankier. These changes can also manifest as poor sleep, lack of appetite and general fussiness – and exhausted parents.

The Wonder Weeks

The Wonder Weeks, by Dutch authors Hetty van de Rijt and Frans Plooij spells out the phenomenon happening inside your baby’s brain with detailed information about each leap. Based on 35 years of extensive research, *The Wonder Weeks* describes in easy to understand terms the incredible developmental changes that all babies go through during their first 20 months of life.

In the years since the publication of his original book, Dr. Plooij continued to research the developmental leaps in infants together with numerous national and international experts. The results are found in an extended edition of *The Wonder Weeks*, which explores how the ninth and tenth leap are key leaps to form the basis of a well-educated child in cleverness and in well-raised person.

Using the book as a guide, parents can be better prepared – often within a week or two – when to expect the fussy behavior that marks a new change in their baby’s development. *The Wonder Weeks* provides:

- A phase-by-phase guide to baby’s behavior
- An explanation of the markers for the “three C’s” and how to react
- Fun games and gentle activities parents can do with their baby to guide them through their “leap”
- A description of the baby’s perspective on the world around him and how it can help parents understand the changes he’s going through

The Experts Weigh-In on *The Wonder Weeks*

“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 Books Group). 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

Free Leap Alarm Alerts Parents of Changes

Thousands of new parents worldwide have appreciated getting advance notice that their baby was about to experience a leap through a free Leap Alarm available on *The Wonder Weeks*’ website (www.thewonderweeks.com).

By simply entering their email address and expected date of delivery, new parents can be alerted by email as to when their baby is about to make the next great leap, feature a short description of the coming progress and what they can do to help their baby through the transition.

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The Wonder Weeks is available at www.thewonderweeks.com, Amazon.com, Amazon.co.uk and at most online booksellers.

*More information about *The Wonder Weeks*, including details about the research behind the book, can be found at www.thewonderweeks.com and (in video) <http://www.youtube.com/thewonderweeks>. To schedule an interview with Dr. Frans X. Plooij or to receive additional background, please contact: Xaviera Plas @ +31 6 418 414 73 or email xaviera@thewonderweeks.com*