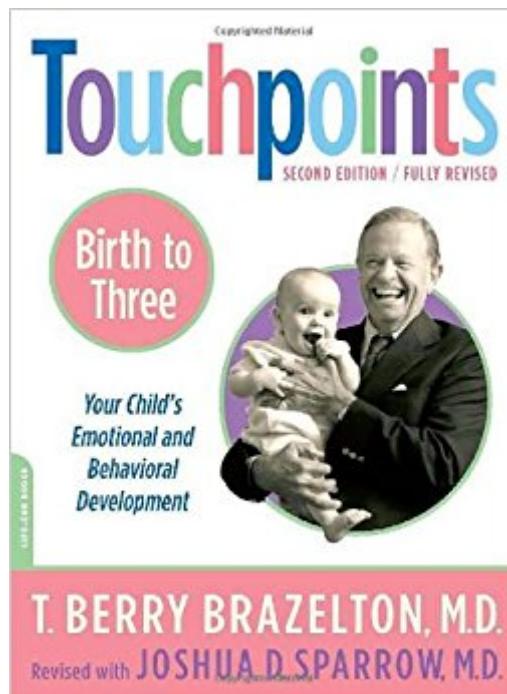


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# Touchpoints-Birth To Three



## **Synopsis**

All over the U.S. and in over twenty countries around the world, *Touchpoints* has become required reading for anxious parents of babies and small children. T. Berry Brazelton's great empathy for the universal concerns of parenthood, and honesty about the complex feelings it engenders, as well as his uncanny insight into the predictable leaps and regressions of early childhood, have comforted and supported families since its publication in 1992. In this completely revised edition Dr. Brazelton introduces new information on physical, emotional, and behavioral development. He also addresses the new stresses on families and fears of children, with a fresh focus on the role of fathers and other caregivers. This updated volume also offers new insights on prematurity, sleep patterns, early communication, toilet training, co-sleeping, play and learning, SIDS, cognitive development and signs of developmental delay, childcare, asthma, a child's immune system, and safety. Dr. Sparrow, Brazelton's co-author on several other books, brings a child psychiatrist's insights into the many perennial childhood issues covered in this comprehensive book. No parent should be without the reassurance and wisdom *Touchpoints* provides.

## **Book Information**

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## **Customer Reviews**

There are so many books on the market about parenting in the first few years of your baby's life. I have read a dozen of them, and was mostly disappointed. The "What To Expect" books, for example, are very wordy, and have very pragmatic advice, but for me lack some "depth".

Brazelton's book, by contrast is both pragmatic and philosophical, giving parents much more depth

on this subject. I loved reading this book; I found it to be engaging, interesting, and very relevant to raising my 2-year old. In particular, some things that impressed me:<sup>\*</sup> The author has great insight into infant and toddler behavioral development (in fact, he has great insight into parental behavior as well). This background gives parents some inclination for what is going on with their child, and is useful in crafting responses to various behaviors that are observed in the early years of a child's life.<sup>\*</sup> The book is comprehensive, touching on most aspects of parenting in the first three years.<sup>\*</sup> The book is extremely well organized. It serves well as both a reference, and a cover-to-cover read. I do agree with other reviewers who have said the author is opinionated. I think this is a good thing -- and I gained more and more confidence in the author's opinions as I went along. Most new parents will do well to have a "starting point" when forming their own opinions. As an example, Brazelton discusses at length the importance of establishing boundaries with infants and toddlers, as this will help the child to feel competent and secure as they continually gain new dimensions of independence which both excites and scares children. But this is balanced with the moderating view that parents minimize negativity by not making big deals of things that don't really matter.

TOUCHPOINTS is a parental guide that deals with the development of children aged 0-3 from the viewpoint of an experienced pediatrician. The advice is sound and balanced. If there are many ways to approach a subject, the benefits and drawbacks of each are explored. The best insights come when Dr. Brazeleton reveals precisely what he is looking for - in the child and in the parents - during pediatrician visits. He sees the role of the pediatrician as part of the parental team and stresses this philosophy throughout the book. Some people in these reviews have complained about the author's tone; however, I do not see any problem. To me, the author is nothing more the helpful and very experienced. I am in the process of interviewing pediatricians, as directed by the advice by Dr. Brazelton, and if we end up with one similar to him, I will be very happy. So, why only 3 stars? While I find the advice in TOUCHPOINTS very helpful, I think it could be organized much better. Each chapter deals with a time period in the child's development, but oftentimes, the subject matters are scattered throughout the chapter or even across several chapters (with no cross reference given in-line). I found myself using a highlighter marker extensively so that I could use the book better when I need a reference. Ironically, the one attribute that made TOUCHPOINTS completely worth the investment was its reference to another book, *The Children's Hospital Guide to Your Child's Health and Development*, which I bought.

Well, he may not really be, but unfortunately, that's how the writing comes across in several places.

For example, p 52 "I have come to expect this tenuous, rather childlike behavior [of father and mother] when new parents come into my office. Rather than a sign of incompetence, it represents their ability to accept me in a nurturing 'grandfather' role...". p. 102 "By this time, I know parents will leap in to correct me if I'm off track, and I welcome their deeply held beliefs about who their child is becoming". If these sound somewhat condescending to you, you might be put off by the book. Also, the term 'Touchpoints' itself doesn't really refer to a particularly useful concept-- it's basically refers to an opportunity to bond with your baby. The repetitive use of the term sounds forced. OK, so this may sound like a negative review, so why 4 stars? Because despite these annoyances, the information inside is useful and I like how the chapters are essentially organized by periods between pediatrician visits. You get a chance to check your baby's progress against a pediatrician's standards. It is not too useful for the first 10 days when so many questions swirl around your sleep-deprived head. But it provides a longer term perspective (up to 3 years) whereas most baby books stop at 1 year. Sure, 1 year is a convenient way to end a book, but this is one of the few books that bridge the time period from infant to toddler. Also, it is really useful to hear what a pediatrician looks for during each visit. Aside from the tone, the book is well written, well referenced, and covers some very interesting topics (separate chapters on sibling rivalry; speech, language and hearing problems; television; grandparents).

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