



# What Babies Say Before They Can Talk: The Nine Signals Infants Use to Express Their Feelings

*Paul Holinger*

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How many times have you held your fussing or crying baby and thought, "Come on, please tell me what's going on with you!"

Well, your infant does tell you.

In *What Babies Say Before They Can Talk*, Paul C. Holinger, M.D., M.P.H., a psychiatrist and psychoanalyst who has been studying children and their emotions for more than twenty-five years, explains how infants communicate with us, and we with them.

Dr. Holinger decodes the nine easily identifiable signals -- interest, enjoyment, surprise, distress, anger, fear, shame, disgust (a reaction to bad tastes), and dissmell (a reaction to bad smells) -- that all babies use to express their needs and wants. These insights will aid parents in discerning what their baby is feeling. This book can help all parents become more confident and self-aware in their interactions with their children, create positive communication, and put the joy back into parenting.

This is a unique work. It provides a foundation for understanding feelings and behavior. Based on emerging research, *What Babies Say Before They Can Talk* offers parents a new perspective on their babies' sense of the world and the people around them. The goal of this book is to help parents enhance their infants' potential, prevent problems, and raise happy, healthy, responsible children.

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