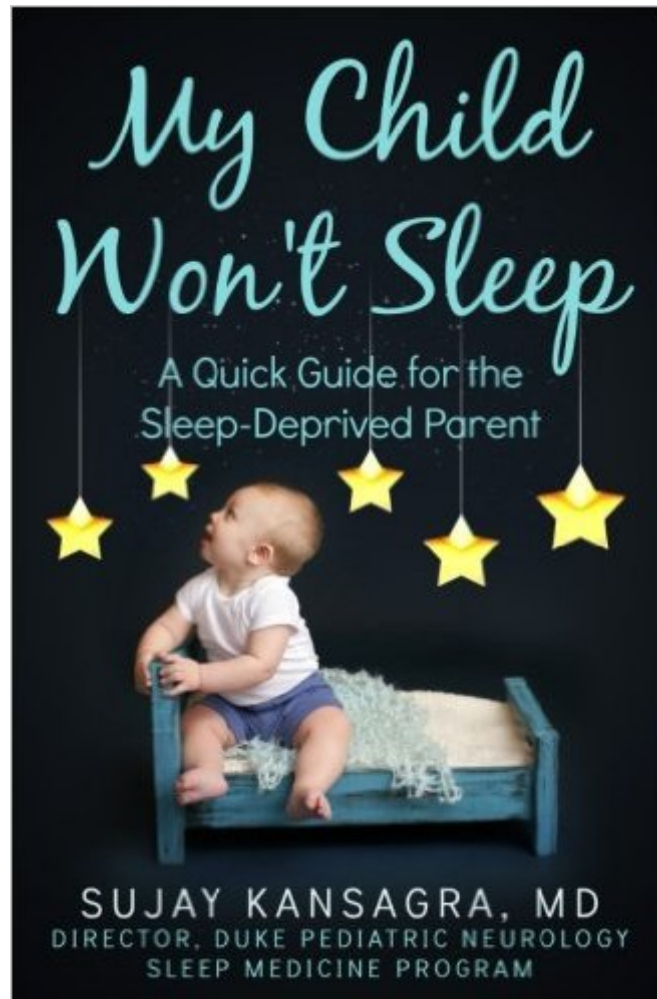


The book was found

# My Child Won't Sleep: A Quick Guide For The Sleep-Deprived Parent



## Synopsis

Why are there so many different sleep books out there? Why do all the "sleep experts" have a completely different method? Which method is the right one for my child? Why can't someone just write a book that includes ALL of the different solutions that work? Good questions. This book is your answer. In just 50 pages, Dr. Kansagra presents ALL of the solutions that have actual scientific data to back them. If it isn't proven to work, it's not in this book. The solutions are straight-forward, with easy-to-follow, step-by-step instructions that get to the point and get there quick. Find out why pediatricians and parents alike love this book!

## Book Information

Paperback: 60 pages

Publisher: CreateSpace Independent Publishing Platform (August 16, 2014)

Language: English

ISBN-10: 1499340923

ISBN-13: 978-1499340921

Product Dimensions: 5.2 x 0.2 x 8 inches

Shipping Weight: 4.3 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (51 customer reviews)

Best Sellers Rank: #131,791 in Books (See Top 100 in Books) #103 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#) #14418 in [Books > Self-Help](#)

## Customer Reviews

Definitely the one and only sleep book worth reading. So true and to the point. Not only is it practical and an easy read, but after applying the techniques, my kids actually sleep all night (and so do we...finally). Worked even at a point where I thought they were beyond help! Would highly recommend this to any sleep-deprived parent.

As a mother and a pediatrician, I can't recommend this book highly enough. It cuts straight through the war zone of dueling baby sleep strategies, presenting options in a practical, straightforward, nonpartisan way. Very readable, based in fact and a thorough understanding of how babies' brains work. Wish I'd had it five years ago when my first was born! Great gift for any parents at their wits' end with sleeplessness, plus the stress of making heads or tails of the morass of sleep advice available out there.

This is a really, REALLY quick and simple overview of the few basic ways to sleep train. The book covers six month old infants all the way to teenagers. I didn't learn anything new from the book that I hadn't already learned from my perusing of Babycenter. Good for the price. I read through it once and probably never will again. I would've liked a more comprehensive guide.

I also think this is a great book. It's so short as to be almost a pamphlet but any new parent would rejoice at the length -- I did a little jig. It's a really quick read, maybe 20-30 minutes, and lays out the options for sleep training in a continuum with evidence and a confident manner. The FAQ detailing why you might not want to sleep train is so helpful in addressing guilt, nursing at night, and worrying whether your child will hate you. Ha! I know those questions and worries so well.

If you're looking for evidence-based approaches to sleep training, this book covers them all. The majority are some form of cry it out, but there are also no-cry methods discussed. Great explanation of infant sleep (and older ages), and the possible interventions.

I've heard great things about this book. But the section on my kids ages (3 and 6) is basically two screenshots worth of info that says: put them back to bed when they wake up. I'm actually laughing at how ridiculous this is that I paid for that, lol.

I had the pleasure of working with Dr. Kansagra for several years and he is a brilliant, caring doctor. His book further exemplifies how much he wants to improve the lives of his patients. I love how the book offers suggestions based on the type of parent you are and how long you can tolerate crying from your baby. It's a great bonus that the information is research and evidence based. He makes sleep training (parent training) easy. I highly recommend this book.

As a pediatrician, one of the most common questions I get from my parents is "How do I get my baby/child/teenager to sleep?" There are so many sleep books and theories out there, some of which tell you the exact opposite advice, that it can be hard to know what to do. This book is practical, concise, and a quick read -- all things that are important to sleep-deprived people. It explains what normal sleep patterns are and also helps you understand why our kids are doing what they do. I especially like how there are several different sleep training methods presented so parents can choose what sounds right to them and their style of parenting. Highly recommended.

[Download to continue reading...](#)

My Child Won't Sleep: A Quick Guide for the Sleep-Deprived Parent My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Child Support for the Non-Custodial Parent: Missouri Edition (Series 1, for the Non-Custodial Parent) The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed We Won't Pay! We Won't Pay! And Other Works: The Collected Plays of Dario Fo, Volume One (Collected Plays of Dario Fo (Paperback)) We Won't Pay! We Won't Pay! And Other Plays: The Collected Plays of Dario Fo, Volume 1 The Baffled Parent's Guide to Coaching Youth Soccer (Baffled Parent's Guides) The Baffled Parent's Guide to Great Soccer Drills (Baffled Parent's Guides) The Baffled Parent's Guide to Great Basketball Drills (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching Youth Hockey (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching 6-and-Under Soccer (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching Girls' Lacrosse (Baffled Parent's Guides) Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep, 3rd Edition It's Twins!: Parent-to-Parent Advice from Infancy through Adolescence

[Dmca](#)