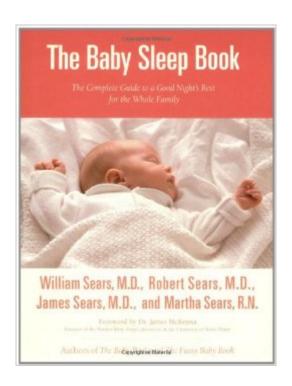
The book was found

The Baby Sleep Book: The Complete Guide To A Good Night's Rest For The Whole Family (Sears Parenting Library)





Synopsis

America's favorite pediatric experts turn their attention to solving babies' sleep problems in a definitive book that offers immediate results. A comprehensive, reassuring, solution-filled sleep resource, this guide shows parents how to match the nighttime temperament of their baby to their own lifestyle, and provides practical tools parents need to help the entire family sleep better.

Book Information

Series: Sears Parenting Library

Paperback: 288 pages

Publisher: Little, Brown and Company; 1 edition (October 26, 2005)

Language: English

ISBN-10: 0316107719

ISBN-13: 978-0316107716

Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars Â See all reviews (85 customer reviews)

Best Sellers Rank: #111,899 in Books (See Top 100 in Books) #86 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Sleep Disorders #440 in Books > Parenting &

Relationships > Parenting > Early Childhood

Customer Reviews

I bought this book, but got through only the first couple of chapters as I found the approach preachy, unconvincing, and it didn't seem to speak to the experience I was having. Having asked lots of people for advice, read parts of various books, and having read a lot of online discussions, I have finally hit on a solution that I can live with. I'd like to share it as it may give support and encouragement to others. I want to be clear that I know that my experience is very limited, I have no certainty whether my approach would work with many other children, and most important, I don't judge people who do things differently. Here's what's been going on. Two months ago, I adopted a 6-month-old child. I'm a single dad with no previous experience with babies. I didn't have much information about his sleep patterns, but I later learned that his previous experience was feeding to sleep and if he didn't fall asleep after the bottle was done, he was allowed to cry it out. This worked: when he came to me, he was sleeping through the night. Lacking any experience with babies and with little information about him, and wanting to maximize our bonding and minimize his distress, I started responding to his every cry. I discovered that I could sometimes overcome his penchant for

fighting sleep by holding him until fell asleep. Because he wouldn't tolerate a bumpy transfer from my arms to the crib, I quickly realized that I was physically incapable of dangling myself over a crib to transfer him smoothly, which I was often having to do repeatedly. So I started putting him to bed on a queen size mattress on the floor because it was easier to hold him on my chest and then roll gently to transfer him.

Download to continue reading...

The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family (Sears Parenting Library) 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) 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 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) Baby Names: Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names: Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) PARENTING: Single Parenting For Moms: A Guide in Raising Your Family and Being a Successful Mom (Parenting, Single Parent, Single Mother, Parenting Boys, Parenting Girls, Raising kids, Healthy child) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night: Foreword by William Sears, M.D. 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) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes The Sleep LadyA®'s Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Baby Sleep Training: How to Get Baby to Sleep Through Night Well 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) Parenting: SINGLE PARENTS' BOOK: HOW TO BE THE BEST MOM AND DAD AT THE SAME TIME! 11 RULES ON HOW TO RAISE GREAT KIDS ALONE (Single, Parenting, Parenting Toddlers, Single Parenting) Step Parenting 101: How to Be Successful at Step Parenting and Have a Happy Blended Family Forever (Step Parenting and The Blended Family) Blended Families: Steps to Help You Succeed in Step-Parenting and Become A Strong Family (Blended Family, Step Parenting, Parenting-Help) Step Parenting: Crucial Steps on How to Be A Good Stepmom - Step Parent Books for Stepmothers (Step parenting book, Stepmother, How to be a good stepmom, Blended Family, Stepfather, Stepmom)

<u>Dmca</u>