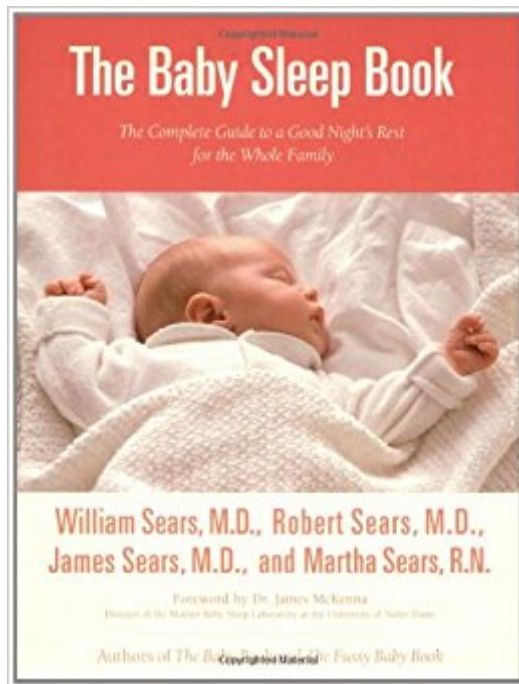


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The Baby Sleep Book: The Complete Guide To A Good Night's Rest For The Whole Family (Sears Parenting Library)



Synopsis

Everything you need to know about getting your baby or toddler to sleep -- from America's foremost baby and childcare experts. For every parent deprived of sleep by a restless infant or toddler, now there's hope. The Baby Sleep Book is the comprehensive, reassuring, solution-filled sleep resource that every family will want to own. Babies don't automatically know how to sleep through the night; they need to be taught. The Sears family has learned from decades of pediatric practice, bolstered by their own parenting experiences, that different babies have different nighttime temperaments -- and, of course, different families have different lifestyles. Instead of espousing the kind of "one method fits all" approach advocated in other baby sleep guides, the Sears family explains how you can create a sleep plan that suits the needs of your entire family. With a sharp focus on the practical tools and techniques, The Baby Sleep Book covers such topics as: the facts of infant sleep vs. adult sleep; figuring out where, when, and how your child sleeps best; fail-safe methods for soothing a crying infant; how to make night nursing easier, and how to stop nighttime fussing; whether co-sleeping makes sense for you; nap-time strategies that work; medical and physical causes of night waking; sleep habits in special situations such as traveling, teething, and illness. Like all the books in the highly popular Sears Parenting Library, The Baby Sleep Book is clear, comforting, and uniquely authoritative. Its flexible, sensitive approach to solving babies' sleep problems distinguishes it as definitive -- an unrivaled book that offers immediate results.

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: 4.0 out of 5 stars 94 customer reviews

Best Sellers Rank: #92,527 in Books (See Top 100 in Books) #66 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#) #213 in [Books > Health, Fitness & Dieting > Children's Health](#) #347 in [Books > Parenting & Relationships > Parenting > Early Childhood](#)

Customer Reviews

Praise for The Baby Book: 'Encyclopaedic, clear, modern and engaging... Among the best parenting books out there.' Junior --This text refers to an out of print or unavailable edition of this title.

William and Martha Sears, authors of 11 books that make up the Sears Parenting Library, are the team of pediatric experts to whom American parents increasingly turn for advice. They are joined here by their son Robert, a board-certified pediatrician. The Seases live in California.

this book doesn't really tell me much that i havent figured out for myself or havent found in other books or even on the internet about sleep issues. i was expecting some really good advice from the reviews i read but nothing really revelatory or revealing in this book. i do like that they advocate co-sleeping and even condone "nursing to sleep"- everything i had read prior made it seem like i was weak for having "crutches" to help get my child to sleep. other than the fuzzy good feelings- not terribly informative but i cant knock this book in general.

This book follows suit with other Sears' books in respecting EVERY person in the family. Finding a way to make good sleep possible for everyone in the house is not always an easy task, but this book can help many families find a way that works for them. With lots of ideas to choose from, parents can choose what works for them and leave the rest behind.

This is a great book to help you get to know your child and give you ideas on how to handle your unique situation. It has a great section for fathers as well. It is not a step by step fool proof get your baby to sleep in 3 days type of book. You will be able to use the information to make the best plan for your family!

Loved it. My baby is 4 mths and already sleeping through the night. I followed all of the attachment parenting tips in this book. No need for her to cry it out

I like all of Dr. Sears books.

This is a great book and help one to understand the patterns of a baby. This is not an instruction manual on a baby but it will give parents a better understanding on how a baby develops and many facts about babies sleep necessities. All babies are different and there is no perfect way to get a

baby to sleep, but you can come much closer to satisfying your baby by understanding their needs. This also educates parents on the development of a baby and how what to expect at different ages. I would totally recommend this book, you will get much more than you expect from this book.

Love his philosophy, and his non-judgmental attitude about how much I held my baby (when everyone said to let them cry).

This book gives scientific reasons for mother's intuition and for babies waking often. Although it offers methods to get longer stretches of sleep, the premise is "it is all temporary; let's deal with it well." My reason for agreeing with this school of thought is simple. I decided to have a baby now I will do my best to take care of her every need and enjoy every minute with her. If you are not a patient person, this book is not for you. If you don't like breastfeeding around the clock, this book is not for you. I love that they describe "high need babies," something other books don't do. These are babies that will stop a nothing to tell you what they need ASAP. I was blessed with such a baby; the advise given in this book has worked and has helped me keep my sanity. At 14 months we are now waking up once at night for a short nursing session. By following the advise of making sleep a comfortable and happy state, she gladly goes to sleep when it's time. I honestly can't remember the last time she cried at night. I took away 1 star because it is a bit pushy about co-sleeping. The "study" mentioned in this chapter is questionable (they gather data on their own baby) and I think a lot of the observations often come with a baby's age and maturity. I take it with a grain of salt and co-sleep only when my daughter does not want to sleep in her own crib (which at this point is rare).

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