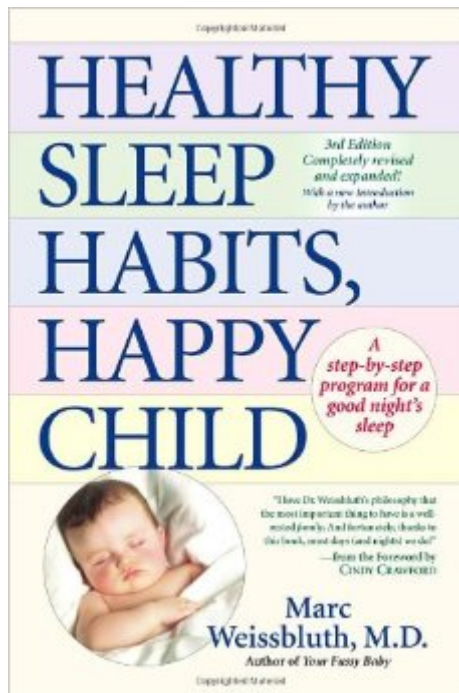


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# Healthy Sleep Habits, Happy Child: A Step-by-Step Program For A Good Night's Sleep, 3rd Edition



## Synopsis

One of the country's leading researchers updates his revolutionary approach to solving--and preventing--your children's sleep problems Here Dr. Marc Weissbluth, a distinguished pediatrician and father of four, offers his groundbreaking program to ensure the best sleep for your child. In *Healthy Sleep Habits, Happy Child*, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles. This valuable sourcebook contains brand new research that- Pinpoints the way daytime sleep differs from night sleep and why both are important to your child- Helps you cope with and stop the crybaby syndrome, nightmares, bedwetting, and more- Analyzes ways to get your baby to fall asleep according to his internal clock--naturally- Reveals the common mistakes parents make to get their children to sleep--including the inclination to rock and feed- Explores the different sleep cycle needs for different temperaments--from quiet babies to hyperactive toddlers- Emphasizes the significance of a nap schedule-Rest is vital to your child's health growth and development. *Healthy Sleep Habits, Happy Child* outlines proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems

## Book Information

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## Customer Reviews

This was an excellent book - I cannot tell you how much this book helped our sleepless, colicky infant. But, several friends with non-colicky babies actually recommended this for any infant. This book is a wonderful middle ground for those parents who do not want a severe schedule (BABYWISE) or the opposite end of the spectrum, attachment parenting (Dr. Sears). It was the only

book that I found that spoke knowledgeably about colic, and gave the only helpful advice available on the subject (believe me, we tried it all). It is not a cry-it-out book, although some may look at it in that light. What it teaches you is this: 1. watch your child. 2. put him/her down to sleep when you first see the signs of tiredness 3. most children under 6 months do not stay awake for longer than 2-3 hours at a time without needing a nap. 4. DO NOT just put your child down to nap when you feel like it - that's just letting him/her cry, not TEACHING them to sleep. 5. Most children need to go to sleep at night earlier than you'd think. 6. Going to bed earlier promotes later sleeping (weird, but true. As the author says, it's not logical. It's biological - sleep promotes sleep) There's a lot more too. I really like that the author's data is based on studies that he has done involving the patterns of children who naturally sleep and nap well. No, it didn't give us a perfect baby. We happen to have a very sensitive high strung girlie, who also power-naps. But we went from a cranky post-colicky baby who took no naps or 15-20min naps and got up many times per night to a sweet smiling girl who now takes 3 45min-1 hour naps per day and sleeps from 6pm-7am (waking 2 times to nurse). Oh yes. The nursing. She used to think that nursing was the only way to get to sleep.

A friend purchased this book for us before our son was born, and we read it cover-to-cover. When our little guy entered the world, it didn't take long to discover that he had horrid colic, acid reflux to boot, and wouldn't even sleep lying down. We used his swing at first, and as a breastfeeding mom, he often landed in bed somewhere in the middle of the night. I was determined, however, to have him in his crib before I went back to work at 3 months and this book helped me accomplish that... until he was about 6 months. Once he was old enough to "decide" what he liked and didn't like, and probably due to separation anxiety- he wouldn't go to sleep easy (cried every night) and began to wake a lot at night, crying for HOURS. After two weeks of the "ignore him" method, and then going "this isn't working at all!", we tried another 3-4 weeks using the Ferber method (go in every few minutes). We were pulling our hair out. He was SOOOOO unhappy all day after a night of crying, and it got to the point where when you went to put him in his crib for a nap, he would arch his back and just sob... and scream at night. NO ONE was sleeping. Once he could stand (at 7 mos), he would cling to the bars of his crib crying and if he fell asleep, it was curled in the corner with his face against the bars... and we'd be off to a bad start from the moment he woke in the morning. I started to give up. Plain and simple. I couldn't do it. My husband and I had not slept in the same bed for more than a month at this point since we "alternated" whose turn it would be to listen to our son cry or try to sooth him in his crib.

I generally like to start my reviews by saying what I liked about the book I read. In my opinion, the best and most important point made by this book is that sleep is vital for babies. Parents should be on the lookout for signs their child might be suffering from lack of it, and should also make sure their lifestyles do not interfere with their child's healthy sleep. I also appreciated the author's input about sleep problems and solutions for older children. I disagreed most with the idea that it is generally a good idea to allow children to cry as long as it takes to get them to sleep at night. Will this method do long term psychological damage? The author says no, and I agree that is probably correct. Okay, so the child won't be delinquent as a teenager, or hate you as an adult. But as a parent, my question is which method is easiest on the child in the short term, as well as being effective in the long term? Frankly, I don't want my child to be unnecessarily miserable, even if it's only for a few nights. Further, I simply couldn't listen to screaming cries for any length of time without intervention. For the parent interested in sleep "training", I think Dr. Richard Ferber offers a better method. Even Dr. Weissbluth admits Ferber's method's work- he simply thinks they may be too difficult for some parents to apply. Well, I think a little more difficulty may be worth while if the child has an easier time. Oddly, Dr. Weissbluth claims to have no problems with the "family bed". However, I find his family bed advice confusing, and most of the tips he offers throughout the book seem to be incompatible with the practice. If anybody is practicing the family bed, they should definitely go with Dr.

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