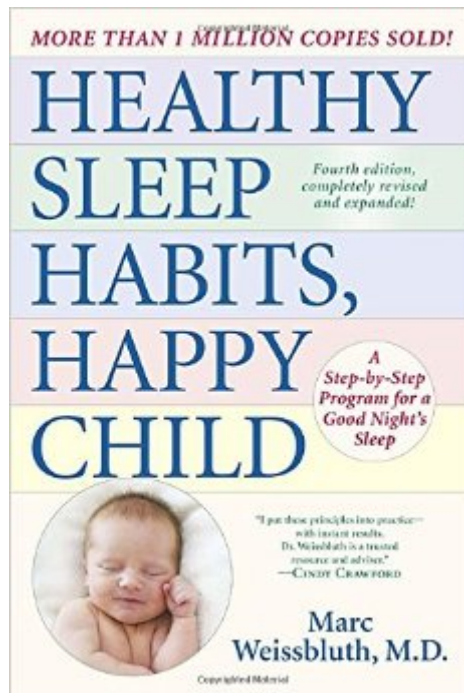


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# Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program For A Good Night's Sleep



## Synopsis

The perennial favorite for parents who want to get their kids to sleep with ease—now in a completely revised and expanded fourth edition! In this fully updated fourth edition, Dr. Marc Weissbluth, one of the country's leading pediatricians, overhauls his groundbreaking approach to solving and preventing your children's sleep problems, from infancy through adolescence. 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. Rewritten and reorganized to deliver information even more efficiently, this valuable sourcebook contains the latest research on the best course of action for sleep problems: prevention and treatment; common mistakes parents make trying to get their children to sleep; different sleep needs for different temperaments; stopping the crybaby syndrome, nightmares, bedwetting, and more; ways to get your baby to fall asleep according to her internal clock; naturally handling nap-resistant kids and when to start sleep-training; why both night sleep and day sleep are important; obstacles for working moms and children with sleep issues; the father's role in comforting children; how early sleep troubles can lead to later problems; the benefits and drawbacks of allowing kids to sleep in the family bed. 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. Praise for *Healthy Sleep Habits, Happy Child* "I put these principles into practice with instant results. Dr. Weissbluth is a trusted resource and adviser." —Cindy Crawford

## Book Information

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Dieting > Diseases & Physical Ailments > Sleep Disorders #21 in Books > Parenting &

Relationships > Parenting

## Customer Reviews

I am a first time mom of a baby who just turned 4 months old a couple of days ago. I was given this book when she was born, but never read it because she was an amazing sleeper. She slept on her own almost anywhere, through anything. At about 1 1/2 months she started having a "fussy time" at around 8 or 9pm that lasted until about 10:45 when she would fall asleep. It wasn't crying, it was just fussy. Otherwise, she was still a great sleeper (and still sleeping through the night since a week home from the hospital). At almost exactly 3 months old, however, she started screaming and was hysterical at her normal bedtime. The first time, she was inconsolable. She screamed for 4 hours. Nothing I did worked, until I climbed into the bath tub with both of us fully clothed and let her float with me in the water. She calmed down until we took her out. But at that point, she would then take her bottle and soon fell asleep. From that point on, getting her to sleep at night was a crying session every night for her (maybe about 1/2 hour), and she no longer would nap unless it was ON ME in the day time. When I told the doctor, they suggested I read this book. I already had it! So I went home that day and read the entire thing (aside for the stuff for school aged and teenagers). I did NOTHING all day but watch my baby for cues. I had NO IDEA, nor had ANYONE told me that babies shouldn't stay up longer than 2 hours. My baby was up for sometimes 4 hours! Just because she COULD do it didn't mean she SHOULD! That's one of the biggest points I took from the book. I learned that at 3-4 months she was a different baby now, and so things had to change, and that I was the one that had to start to implement that change.

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