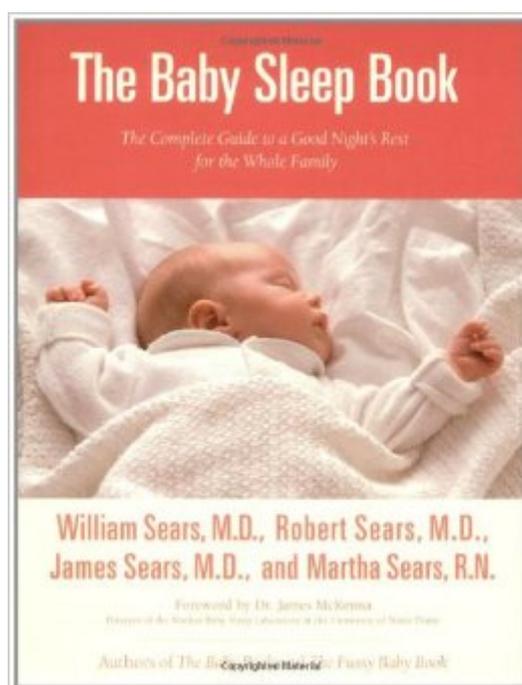


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# The Baby Sleep Book: The Complete Guide To A Good Night's Rest For The Whole Family (Sears Parenting Library)



## Synopsis

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

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Average Customer Review: 3.9 out of 5 stars [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.

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