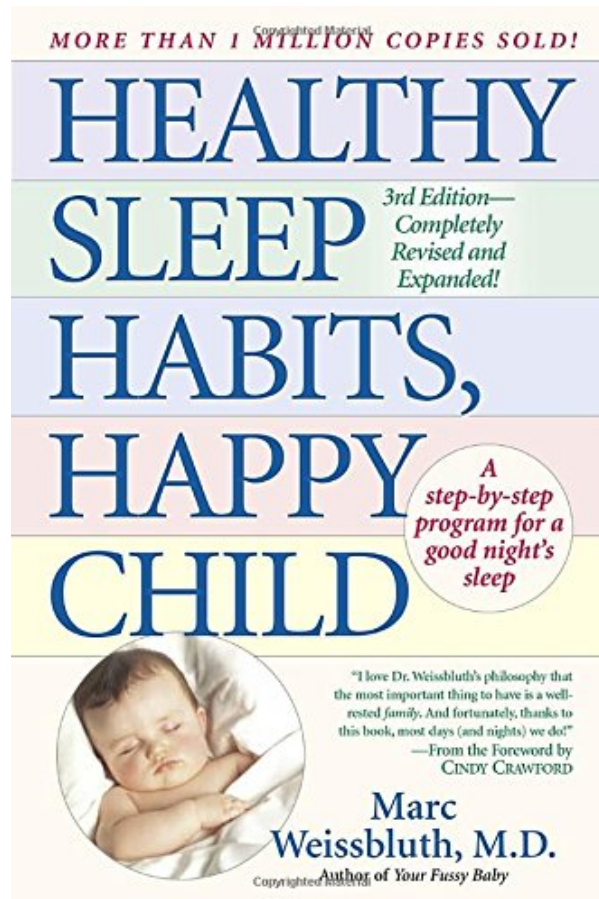


# HEALTHY SLEEP HABITS, HAPPY CHILD BY MARC WEISSBLUTH M.D.



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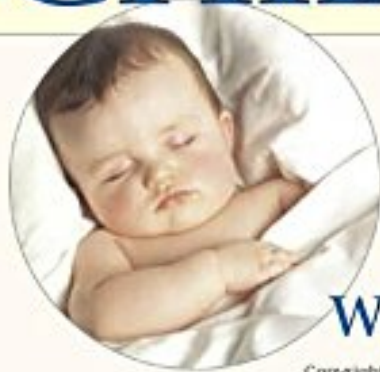
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—From the Foreword by  
CINDY CRAWFORD

**Marc  
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**Healthy Sleep Habits, Happy Child By Marc Weissbluth M.D.** Delighted reading! This is exactly what we want to claim to you which love reading a lot. Exactly what about you that claim that reading are only responsibility? Never mind, reading routine ought to be started from some particular factors. Among them is reading by obligation. As what we wish to offer below, guide entitled Healthy Sleep Habits, Happy Child By Marc Weissbluth M.D. is not type of obligated publication. You could enjoy this book Healthy Sleep Habits, Happy Child By Marc Weissbluth M.D. to review.

## Review

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## From the Inside Flap

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

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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

"From the Trade Paperback edition.

## About the Author

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- Binding: Paperback
- 346 pages

## Features

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#### Most helpful customer reviews

3 of 3 people found the following review helpful.

Buy it and read it and don't look further for sleep info on babies!

By Sasquatch

I chose NOT to read many books about babies before our babies birth because it was overwhelming to have all those what ifs on every different topic and what if none of them ever happened- wasted time learning about stuff i didn't need. I wish i had read at least one book on sleep and wish it was this one. I started reading sleep books when baby was 2-3 months old and have discovered that 1. every baby sleeps, 2. every baby has times when they don't sleep when you need/want them to, and 3. everyone has an opinion on it and most of them are not going to apply to you and your baby. So, if you are going to read one book prior to having baby (you know, besides the pregnancy books you read diligently) READ THIS ONE! Seriously, moms who know will recommend this one to you. It's difficult to read at first b/c it's a lot of info, but this is why you will need to read it before you have the baby- you still have time and brain cells. There's a few new versions and old- read any one, the basic info is the same but the newer ones are a little easier to follow. This has been on me or my husbands nightstand for 18 months now. I have friends who have kept it on the nightstand for 4 years because it helps with every new stage of sleep.

Note to those who are buying this after baby is already having sleep problems: this book will NOT make you feel bad. Many many many other sleep books that you read after you already have problems will make you feel like you ruined your child's sleep by not catching some magical moment when they were 5 weeks old or make you feel like you are doomed if you didn't start from day one. This one will not. It helps fix, train, work through issues. It is hard work, but seriously worth it. Ask other moms, you will find one nearby who has read it and attests.

9 of 10 people found the following review helpful.

Not helpful

By Bill D

To say this book is poorly organized is an understatement. It's full of guilt and shame for parents and honestly, it has some advice I would never follow. For sleep-deprived parents who need answers now, the history of sleep and why it's important is useless to us. There are some useful tips but if your baby is any sort of atypical, this book will only make you feel worse.

7 of 7 people found the following review helpful.

This is one of the best books I've read

By Clare M. Oldham

Healthy Sleep Habits, Happy Child was recommended to me by my sister-in-law. She told me it really worked. Also, my parents-in-law babysit her children and they remarked that every time it is nap time, both of those kids go straight to bed with no fuss and take long, restful naps. So I had to read it.

Dr. Weissbluth very apparently knows what he is talking about and gives the reader real-world stories from parents who have used his techniques. He also sites MANY, MANY studies on sleep-training and infant sleep. It is very apparent when reading this book that the author knows his subject front and back, and is an expert.

He differentiates between daytime and night-time sleep, and the methods you use to sleep-train. I personally used the "Let Cry" (also called "extinction") method for night, although you can also use "graduated extinction". It worked just like he said it would: my baby was sleeping through the night for large chunks of time--I'm talking 10-13 hours with only one or two feedings during the night. You have to follow his directions explicitly, and this may not be for every parent, since you do have to endure your child crying. But just like he said, the first night, our kid cried off and on for about an hour; the second night, he cried for about 15 minutes, and the 3rd night he cried right when I put him in the crib and the second I closed the door, he stopped and went to sleep. I have recommended this book to several friends, and it has worked for all of them. The one thing I will mention is that you need to follow Weissbluth's directions for achieving success--primarily, you need to be CONSISTENT. One of my friend's that tried it had great success right away, but then stopped being consistent about bed time and about checking on their son, and now he is not sleeping well. My other friends are now as thrilled with it as I am.

Weissbluth recommends that you start sleep-training between about 4-6 months. I started at 6 months, but if I have another child, I may start at four months. This book is INVALUABLE and if you are consistent you will see immediate results. My son sleeps, on average, thirteen hours a night, and takes three naps a day. Weissbluth also tells you what your child's sleep looks like as they get older and he prepares you for all eventualities. For instance, my baby is 9 months and has essentially dropped his third nap now, just as I was told he would. Also, Weissbluth says that by nine months, your child shouldn't be waking at night, even for a feeding. This is assuming a good eight hour sleep, though, so I don't feel guilty when I do one feeding now, since my son is sleeping thirteen hours, as long as the feeding doesn't come before his eight hours.

All in all, a GREAT BOOK that I would highly recommend to anyone with a baby who is in dire need of



some sleep. It is crammed with facts, studies and stories and some of the reading is pretty dense with information, but you won't be sorry you read it. You will feel like you are in on the biggest secret in the world, once you've read it. You'll have the keys to the kingdom.

This is the best book I have read thus far, because it really works.

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