

# The No Cry Nap Solution Guaranteed Gentle Ways To Solve All Your Naptime Problems Elizabeth Pantley

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All About The Baby Sleep Solution McGraw-Hill Education

“ TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT – the ability to develop early insight into their child ’ s temperament. ” – Los Angeles Family When Tracy Hogg ’ s Secrets of the Baby Whisperer was first published, it soared onto bestseller lists across the country. Parents everywhere became “ whisperers ” to their newborns, amazed that they could actually communicate with their baby within weeks of their child ’ s birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby ’ s every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby ’ s life – because a happy baby sleeps through the night. Now you too can benefit from Tracy ’ s more than twenty years ’ experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn:

- E.A.S.Y. – how to get baby to eat, play, and sleep on a schedule that will make every member of the household ’ s life easier and happier.
- S.L.O.W. – how to interpret what your baby is trying to tell you (so you don ’ t try to feed him when he really wants a nap).
- How to identify which type of baby yours is – Angel, Textbook, Touchy, Spirited, or Grumpy – and then learn the best way to interact with that type.
- Tracy ’ s Three Day Magic – how to change any and all bad habits (yours and the baby ’ s) in just three days. At the heart of Tracy ’ s simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, Secrets of the Baby Whisperer promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

On Becoming

Certified sleep consultant Natalie Willes, known also as The Baby Sleep Trainer, shares her effective and efficient sleep training method in her new book, Getting Your Baby to Sleep the Baby Sleep Trainer Way. Thousands of families throughout the world have used the Baby Sleep Trainer method to help their infants and toddlers learn to sleep through the night and take healthy naps, all with the fewest tears possible. Backed by thorough scientific data and years of professional experience, the Baby Sleep Trainer Method offers parents a tried and true solution for children aged 16 weeks

through 3.5 years. Step-by-step, comprehensive contents include: The science of baby sleep habits How to prepare your child's room for optimal sleep Discussions on cortisol and crying in babies Creating healthy sleep habits with newborns Exactly when and how to start sleep training for nighttime sleep and naps Tips and tricks for multiples Troubleshooting common sleep training issues and pitfalls Detailed eat-wake-sleep schedules for children on 3, 2, and 1 nap Sleep training toddlers and children in beds Praise for the Baby Sleep Trainer method: "My 5 month old was waking up every 2-3 hours at night and I was seriously sleep deprived. My sleep deprivation was affecting every aspect of my life. I read several books on sleep training, as well as blogs and websites. I was at my wits end. After following the program for two weeks, my child was consistently sleeping 11-12 hours a night and was on a consistent schedule during the day! This program has literally given me my life back." - McKel Neilsen "Two months ago I was at the end of my sleep rope with our 6-month-old, boy/girl twins. Exhausted doesn't begin to explain it, I felt desperate. After using the Baby Sleep Trainer Method we feel like we have our lives back. The babies are happy and well rested, and so are we! We have our evenings back to cook dinner, spend time with our 4-year-old daughter, hang out together, and actually do things we enjoy. The process took commitment but has been absolutely worth every bit of it." - Beth Oller, MD "Using the Baby Sleep Trainer Method, my daughter quickly went to a routine nap schedule during the day and sleeping through the night from 6:30pm to 6:30am! Also, rather than the exhausting and often unsuccessful rocking or soothing or feeding to sleep, we were able to put her down awake in her crib and she would fall asleep on her own in just a few minutes. It was just incredible." - Online Review

Good Night, Sleep Tight McGraw-Hill Education

Teaches sleep-deprived parents how to define sleep goals that work for their family's schedule and style, helping them create a customized sleep planner for their child to ensure consistency with both parents as well as extended caregivers.

**It's Never Too Late to Sleep Train Hachette UK**

“Elizabeth Pantley spins her baby magic! She towers above her competitors by showing us what babies really need, and how best to give it to them.” James J. McKenna, PhD, Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame You have a newborn, so sleep is impossible, right? Wrong! In the womb, babies sleep up to twenty hours per day. Clearly newborns don't need to be “trained” how to sleep – they know how, and they've had plenty of practice. So why do most parents have trouble getting their newborns to sleep? Elizabeth Pantley, a world-renowned expert on children's sleep, created this guide to explain the ways we unintentionally prevent an infant's natural sleep to occur, and to teach us the simple but powerful ways to maximize our

newborn's naps and nighttime sleep. Once you've learned the 15 Keys to Amazing Newborn Sleep you'll easily make adjustments to how you treat your baby's sleep. You don't have to keep logs nor follow schedules or rules. Just by being aware of this information you will do things to improve sleep that you wouldn't have known to do otherwise. With *The No-Cry Sleep Solution for Newborns*, you will learn: ? the things that trick us into disrupting a baby's sleep ? how to identify the perfect moment for a nap ? ways to create a sleep-inducing environment ? tips to reduce the number of night wakings ? how to set the stage for great sleep throughout babyhood *The No-Cry Sleep Solution for Newborns* was field-tested by 122 test families with newborns. Their input refined the ideas to make them easy to understand and follow – by even the most sleep-deprived parent. When you apply these Keys you can help your baby sleep well and peacefully. And guess what? When your baby sleeps – you will, too!

*Healthy Sleep Habits, Happy Child, 5th Edition* Piatkus

The certified lactation consultant and author of *100 Ways to Calm the Crying* outlines a natural, intuitive approach to solving sleep problems in babies and toddlers without guilt or stress, counseling parents on such topics as creating a safe sleeping environment and understanding tired baby cues. Original.

*The Baby Sleep Solution* McGraw Hill Professional

From the bestselling author of *The No-Cry Sleep Solution*--everything parents need to know during their baby's first year *Gentle Baby Care* provides immediate answers to the daily questions that arise when caring for a baby. Written by bestselling author and parenting expert Elizabeth Pantley, this valuable guide includes information and practical tips to allow readers to choose the gentle, loving solutions that best suit their parenting style and their baby. *Gentle Baby Care* provides more than 1,000 practical tips and solutions to the everyday issues that arise during a child's first year, including: Colic Teething Colds Sleep Diaper rash Independent play Traveling with baby Developmental milestones

***The Helping Babies Sleep Method*** Rodale Books

"Lyndsey Hookway's *Holistic Sleep Coaching* is the book parent-child health professionals have been waiting for regarding infants', children's, and parents' sleep! The comprehensive content is comprised of an exhaustive review of the sleep literature, but it is written in a reader-friendly discussion format. (References are cited in text with the complete reference list in APA alphabetical style at the end.) I appreciate Hookway's evidence-based approach with its emphasis on human sleep biology. Yet her words constantly model sensitivity and empathy for both babies/children and their parents who live in our current cultural landscape of isolated nuclear families dependent on two incomes and often miles from physical support." -Karen Kerkhoff Gromada, MSN, RN, IBCLC, FILCA Author: *Mothering Multiples: Breastfeeding and Caring for Twins or More* "There is much to like in Hookway's book, including her clear understanding of the link between

breastfeeding and sleeping, and the importance of sleep for parental mental health. Educating practitioners about normal infant sleep is an important task. Too many are only aware of extinction methods for addressing parental sleep concerns: with *Holistic Sleep Coaching* Hookway is laying the groundwork for the development of a more evidence-based and systematic approach." -Helen Ball, Professor of Anthropology, Director of the Durham Infancy & Sleep Centre (DISC), Founder of the Baby Sleep Info Source (Basis) "As a breastfeeding professional, I was curious and hopeful when I began reading Lyndsey Hookway's book, *Holistic Sleep Coaching*. One of the biggest worries for most new parents is how lack of sleep will impact their family, particularly within the context of breastfeeding. This book is not about training a baby how to sleep, or using dangerous methods that can comprise the breastfeeding relationship. This book IS about understanding how sleep works and how to use that knowledge to understand one's baby. It enables parents to support the uniqueness of their child, continue breastfeeding effectively, and identify how to create the most supportive environment possible to optimize sleep within their distinct family. I would definitely recommend this book as a MUST for new parents before their baby arrives, as well as an integral resource for all perinatal professionals! -Laurel Wilson, IBCLC, RLC, CLE, CLD, CCCECo-Author of *The Attachment Pregnancy and The Greatest Pregnancy Ever* Infants are probably sleeping no differently now than they were 1000 years ago. However, parenting has changed. We are dealing with the paradox of parenting information overload, coupled with time-poverty. Parents know more than ever about the importance of love, attachment and security to young children. They may know about good nutrition, stress management, toxins, skin to skin, breastfeeding, one-to-one time, emotion coaching and organic food. Parents are bombarded with appliances that are supposed to make their lives easier, and yet end up confused about what is really necessary. At the same time, modern parents are leading busy, expensive lives, and have jobs that they love or need. And within all this, their babies are still sleeping the same as they always have. Some sleep experts are quick to suggest quick fixes to lengthen infant sleep, but there is growing concern that techniques such as extinction may have negative outcomes for infants as well as being stressful for parents. *Holistic Sleep Coaching* is a multi-dimensional approach that looks at the big picture and recognises that babies' needs are not just physical but psychological, emotional and relational. *Holistic Sleep Coaching* provides an evidence-based overview of how to optimise sleep without leaving babies and children to cry for health and child care professionals.

***The Natural Baby Sleep Solution*** Workman Publishing Company

Help your baby sleep through the night – without any tears. The

early months with a new baby are exciting and magical, but they can also be emotional and exhausting if sleep is disturbed night after night. Baby sleep expert Charmian Mead's flexible plan, developed from work with hundreds of families, is designed to encourage baby to sleep a full twelve hours a night, naturally, by as early as six weeks old, without any tears. She'll show you gentle ways to encourage your baby to:

- Take active and effective feeds during the day
- Stay awake and playful in the day (not night!)
- Feel full and content day and night
- Sleep twelve hour stretches at night with no dream feed

Whether you are breastfeeding, bottle-feeding or a bit of both - and even if you have twins - Charmian's approach will make sure your baby stays awake and playful during the day and not at night!

#### Sleeping Like a Baby Penguin

"Discover the positive prescription for curing sleepless nights and fussy babies. Recommended by doctors across the country." - Back cover.

#### *The No-Cry Picky Eater Solution: Gentle Ways to Encourage Your Child to Eat—and Eat Healthy* Hachette Go

From the author of *Expecting Better* and *The Family Firm*, an economist's guide to the early years of parenting. "Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down." -LA Times "The book is jampacked with information, but it's also a delightful read because Oster is such a good writer." -NPR With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Cribsheet*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!),

potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. *Economics* is the science of decision-making, and *Cribsheet* is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

#### The No-Cry Separation Anxiety Solution: Gentle Ways to Make Good-bye Easy from Six Months to Six Years Random House

SAY GOOD-BYE TO the daily frustration of picky eating with these effective child-tested, parent-approved No-Cry solutions—including healthy, family-friendly recipes "Without expecting parents to earn their registered dietitian degree by the end of the book, [Pantley] ably explains why a healthy diet is important and includes some kid-favorite recipes from best-selling cookbooks. Parents love the No-Cry series, and libraries would do well to add this to their collections." -Library Journal About the Book: Are you convinced your child will eat only pasta and chicken nuggets for the rest of her life? Worried your son is not getting adequate nutrition? Tired of vegetables being cast as the villain during mealtime battles? Nearly all parents experience a finicky eater at their table, but finding solutions can be difficult. That's why Elizabeth Pantley, author of the bestselling No-Cry series—the most trusted name in parenting guides—developed gentle, effective, and easy solutions for dealing with picky eaters. Full of tips and tricks, *The No-Cry Picky Eater Solution* helps you: Get your child to eat—and enjoy!—vegetables, grains, and other healthy food Reduce the sugar, fat, and junk food in your child's meals without your child noticing the change Make subtle, healthy improvements in favorite recipes to boost nutrition for the whole family Relax and enjoy mealtime and snack time at your home Instill good eating habits that your children can take into adulthood To make your picky eater and the whole family happy, Elizabeth has tapped her culinary friends to share delicious recipes that are not just healthy but kid-friendly, too. Recipe contributions come from: Missy Chase Lapine (*The Sneaky Chef*) Jennifer Carden (*Toddler Café*) Kim Lutz and Megan Hart (*Welcoming Kitchen*) Lisa Barnes (*The Petit Appetit*) Barbara Beery (*Green Princess Cookbook*) Cheryl Tallman and Joan Ahlers (*So Easy Toddler Food*) Janice Bissex and Liz Weiss (*No Whine with Dinner*) Armed with Elizabeth's proven advice and these tasty recipes, you'll be able to serve healthy meals and snacks, along with peace and happiness.

With a Foreword by Missy Chase Lapine

**ON BECOMING BABY WISE - 25TH A** Natalie Willes

You've read it everywhere; put your little one down "drowsy but awake." While well-intentioned, "drowsy but awake" is what sets most parents up to fail long term. This manifests as immense time spent getting your baby to sleep and not getting enough sleep. Cue the rocking, feeding or reinserting a pacifier at 1 am and again and again. The dilemma "'How do I get my child to sleep more with less effort from me?" The secret no one told you: The drive to sleep is biological, the way we sleep is learned. You wanted to be the best parent you possibly could. That vision involved a happy baby who slept like a champ and never cried. However you're having a hard time executing that vision. The frequent waking, intense amounts of time spent getting your baby to sleep and the constant fatigue are becoming unsustainable. You also worry that your baby could be better rested and relations with your spouse have become tense. Things are not working out as you had imagined. Your internet searches have proved to be confusing. You're seeing different philosophies, different methods, lots of theories but no step by step action plans. Your complete solution for babies 0 to 24 months is here. The Helping Babies Sleep Method teaches you the art and science of teaching your baby to sleep. In the newborn stage you'll learn how to avoid common parenting pitfalls and work on gentle no tear sleep shaping to achieve long stretches of age appropriate night time sleep quickly. From 4 to 24 months, you'll learn about sleep science to give you a thorough understanding of the physiology and behavior in having a great sleeper. At every age, the method addresses all your baby's daily activities: feeding, sleeping, naps, playtime and night time sleep. Evidence based approaches that are easy to understand from birth to 24 months. The Helping Babies Sleep Method helps you create your customizable sleep plan based on your child's age, your parenting philosophy and provides best and worst case scenarios. You'll never be left wondering, what do I do now? You'll see progress within 2-3 nights. Most parents have completed their journey in two weeks and say "Why didn't I do that sooner?" Dr. Sarah Mitchell is a chiropractor by training but found her passion empowering parents to teach their little ones to sleep and parent confidently day and night. Her personal experience with a child who wouldn't sleep, despite her healthcare background, ignited her passion for researching sleep. She's been working with babies since 2013 and has helped thousands of parents overcome their sleep challenges and feel even more confident in their parenting and sleep detective skills. Located in Silicon Valley, her clientele has included big tech executives, pediatricians, labour and delivery nurses and parents just like you. Their commonality: all smart, capable, resourceful people who didn't know

how to get their babies to sleep because having a great sleeper isn't really that instinctual. Parenting is a skill that can be taught. You want to feel like you're rocking this parenting thing and completing meeting your baby's needs in a connected and compassionate manner. With comprehensive sections devoted to bedtime, naps, night feeding, plus solutions to special circumstances like traveling, daylight savings time and reflux, the Helping Babies Sleep Method is the book you need to make that vision a reality.

*The No-Cry Sleep Solution for Newborns: Amazing Sleep from Day One - For Baby and You* Gill & Macmillan Ltd

Sleep: the Holy Grail for parents of babies and small children. The secret to helping babies to sleep through the night is understanding their sleep cycles and the feeding/sleeping balance. This book provides simple and effective techniques to help parents establish positive sleep habits and tackle sleep problems without feeling under pressure to resort to rigid, inflexible strategies. Lucy Wolfe, the Sleep Fixer and Ireland's best-known sleep consultant, has developed a 'stay and support' approach with an emphasis on a child's emotional well-being, which has helped thousands of parents and babies around the world to achieve better sleep, with most parents reporting improvements within the first seven days of implementing the recommendations. Discover the issues that prevent a child from sleeping through the night. Learn about biological sleep rhythms and how feeding can affect them. Create a customised, step-by-step plan to get your baby to sleep. Use Lucy's unique two-fold sleep strategy which combines biological time keeping and gentle support to develop positive sleeping habits.

*The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems* CDS Books

Guaranteed to help parents reclaim sweet dreams for their entire family New from the bestselling author of the classic baby sleep guide! Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. Written to help sleep-deprived parents of children ages one to five, The No-Cry Sleep Solution for Toddlers and Preschoolers offers loving solutions to help this active age-group get the rest they--and their parents--so desperately need. A follow-up to Elizabeth Pantley's megahit The No-Cry Sleep Solution, this breakthrough guide is written in Pantley's trademark gentle, child-centered style. Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures. The No-Cry Sleep Solution for Toddlers and Preschoolers tackles many common nighttime obstacles, including: Refusals to go to bed Night waking and early rising Reluctance to move out of the crib and into a big-kid bed Nighttime visits to the parents' bed Naptime problems Nightmares, "night terrors," and fears Special sleep issues of twins, special needs children, and adopted children Sleepwalking, sleep talking, snoring, and tooth

grinding

### **Cribsheet** Penguin

The Mother of All Baby Books is the instruction manual that Mother Nature forgot to include with the new arrival – a hands-on guide to coping with the joys and challenges of caring for your new baby. It's a totally comprehensive guide that features a non-bossy, fresh, and fun approach to Baby's exciting first year. Based on the best advice from over 100 Canadian parents, The Mother of All Baby Books is the ultimate guide to bringing up Baby in the Great White North. The Mother of All Baby Books offers: the straight goods on what it's really like to become a parent a frank discussion of the top ten worries of new parents, presented with a hefty dose of reassurance the facts you need to make up your mind about breastfeeding, circumcision, immunization and other important issues comprehensive answers to all of your baby-related questions – including the ones that have you pacing the floor at 3:00 a.m.! medically reviewed, practical advice on coping with colic, diaper rash, nursing strikes, and other common first-year challenges insider secrets on shopping for baby without going broke a helpful glossary of baby-related terms a directory of Canadian organizations for new parents a list of Internet resources of interest to Canadian parents immunization schedules, baby growth charts, and more

*The Wonder Weeks* McGraw Hill Professional

There are two major camps on getting children to sleep through the night. These methods are hotly debated and their oppositional forces can look like a battle scene from Game of Thrones. Arrows fly across internet camps and it all feels a bit life threatening. 1. Cry it out! - Deal breaker for many parents. 2. Do Whatever It Takes, All Day and All Night Long: To get your child the F to sleep. - Deal breaker for those of us who actually need real sleep to function in the real world. There are other more "gentle" approaches. These offer the much coveted "NO Cry" result. No cry - sorry to report - is Fantasy Island. The no cry unicorn baby is, for most of us, a mythological creature. The Compassionate Sleep Solution is a gentle, honest and realistic approach. Because in reality our children rarely have a gentle reaction to our ideas of what is best for them. Eileen Henry is one of the original sleep consultants in the U.S. After working with thousands of families for almost two decades she has developed the best method for dealing with a baby's very natural process of crying as well as the unnatural process of a parent having to listen to it. The Compassionate Sleep Solution will guide you through the process and show you the way to the following reality. Sleep is a developmental skill that all babies and toddlers can learn. Since crying can be a part of that reality, my method will teach you how to calm the cry.

*Getting Your Baby to Sleep the Baby Sleep Trainer Way* Parent-Wise

Solutions, Incorporated

The perennial favorite for parents who want to get their kids to sleep with ease—now in its fifth edition, fully revised and updated, with a new step-by-step guide for a good night's sleep. With more than 1.5 million copies in print, Dr. Marc Weissbluth's step-by-step regimen for instituting beneficial habits within the framework of your child's natural sleep cycles has long been the standard-setter in baby sleep books. Now with a new introduction and quick-start guide to getting your child to sleep, *Healthy Sleep Habits, Happy Child* has been totally rewritten and reorganized to give tired parents the information they need quickly and succinctly. This new edition also includes the very latest research on the importance of • implementing bedtime routines • practicing parental presence at bedtime • recognizing drowsy signs • the role of the father as an active partner in helping the child sleep better • overcoming challenges families face to help their child sleep better • different cultural sleep habits from around the world • individualized and nonjudgmental approaches to sleep training Sleep is vital to your child's health, growth, and development. The fifth edition of *Healthy Sleep Habits, Happy Child* gives parents proven strategies to ensure healthy, high-quality sleep for children at every age.

ToddlerCalm CreateSpace

The classic, best-selling no-tears guide to making sure your baby—and you—get a full night's sleep has been updated – it is now easier to use and has been expanded to include more solutions plus critical new safety information. Nearly all babies fight sleep. Some people argue that parents should let their baby "cry it out" until the child falls asleep; others say parents should tough it out from dusk until dawn. Neither tactic fosters happiness in the family. The No-Cry Sleep Solution gives parents a third option: a proven method to pin-point the root of sleep problems and solve them in a way that is gentle to babies, effective for parents, and provides peace in the home. One of today's leading experts on children's sleep, Elizabeth Pantley delivers clear, step-by-step ideas for guiding your child to a good night's sleep—without any crying. This parenting classic shows how to decipher—and work with—your baby's biological sleep rhythms, create a customized plan for getting your child to sleep through the night, nap well during the day, and teach your baby to fall asleep peacefully, and stay asleep, without all-night breastfeeding, bottle-feeding, or requiring a parent's care all through the night. And now, this updated edition is even easier to follow. It provides important new guidelines on safety (bedsharing, pacifiers, swings, slings, swaddling and more), and an expanded chapter specifically about newborns. It covers every sleep issue that occurs in the first few years and answers parents' common questions about white noise, back-sleeping, SIDS,

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day care, naps, nightwaking, bedsharing, dealing with strong-willed babies, working with caregivers, troubleshooting sleep issues, and more!

*Secrets of the Baby Whisperer* Penguin

Looking for more connection with your kids--and more fun, too? Welcome to the Bounceback Parenting League! This insightful and empowering book is more than just another parenting guide. It's a playbook filled with simple yet powerful "secret missions" for parents who want to recharge, refresh and restart in a positive new way. Filled with simple challenges, journal prompts with room to write, and inspiring advice to try today, this is a game-changing resource for overwhelmed moms and dads everywhere. Get ready for your first mission....

*The Baby Whisperer Solves All Your Problems* Little, Brown Spark

Sweet Sleep is the first and most complete book on nights and naps for breastfeeding families. It's mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research. It's 4 A.M. You've nursed your baby five times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. Sweet Sleep is within reach. This invaluable resource will help you • sleep better tonight in under ten minutes with the Quick Start guide—and sleep safer every night with the Safe Sleep Seven checklist • sort out the facts and fictions of bedsharing and SIDS • learn about normal sleep at every age and stage, from newborn to new parent • direct your baby toward longer sleep when he's ready • tailor your approach to your baby's temperament • uncover the hidden costs of sleep training and "cry it out" techniques • navigate naps at home and daycare • handle concerns from family, friends, and physicians • enjoy stories and tips from mothers like you • make the soundest sleep decisions for your family and your life Advance praise for Sweet Sleep "Chock-full of advice and information . . . The editors smartly break the information into digestible bits organized by topics and age ranges. And for any parent desperate for an uninterrupted few hours of sleep, the advice is worth the read. Sweet Sleep includes extensive information on creating a safe sleep space, helping children learn to sleep on their own and defusing criticism of your family's choices. . . . This book is nothing but supportive of whatever your choices are about nursing and sleeping."—BookPage "An essential guide for parents . . . detailed, practical advice on bed sharing and breast-feeding, with basic guidelines for safe bed sharing outlined in seven steps."—Publishers Weekly