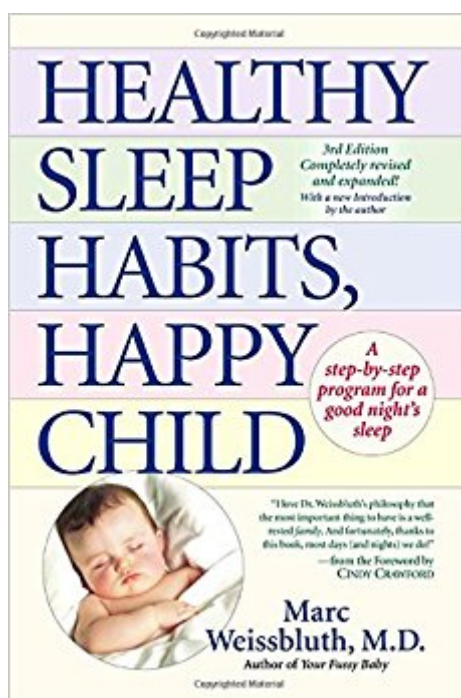


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# Healthy Sleep Habits, Happy Child: A Step-by-Step Program For A Good Night's Sleep, 3rd Edition



## 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

Hardcover: 544 pages

Publisher: Ballantine Books; 1 edition (October 4, 2005)

Language: English

ISBN-10: 0345486455

ISBN-13: 978-0345486455

Product Dimensions: 5.9 x 1.3 x 8.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 2,337 customer reviews

Best Sellers Rank: #106,496 in Books (See Top 100 in Books) #71 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#) #385 in [Books > Parenting & Relationships > Parenting > Early Childhood](#) #462 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology](#)

## Customer Reviews

"I love Dr. Weissbluth's philosophy that the most important thing to have is a well-rested family. And fortunately, thanks to this book, most days (and nights) we do!"  
—from the Foreword by Cindy Crawford

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 "From the Trade Paperback edition.

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.

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.

I bought this for my sister because I love it! If you want your baby to sleep like a baby please read this and apply it!! You should read it before the baby is born and get a plan together that you and your partner can be happy with! My little girl is 9 and still sleeps like a baby 12 hours a night. She is really happy and gets great grades in school. When I tell her "It's bed time she doesn't fight with me and falls right to sleep.

Excellent book. Boring, dogmatic, judgemental yet infinitely useful. We moved our 13 months old from extended period screaming over naps and bedtime to laying down with minimal quiet complaints in less than 2 weeks following the most gentle, slow of the approaches suggested in this book. Highly recommended.

We started out with our daughter co sleeping. We loved the family bed and snuggling with our little one. Problem was while she naps great during the day snuggling, at night she is a swimming, crazy wet bean bag. It's enough to drive you crazy. No one in our house was sleeping anymore. This methodology and book came highly recommended by a friend who is an experienced parent. I found the way it works to be a little bit extreme in terms of NEVER going to check on her at night and letting her cry an hour during naps. I simply couldn't do it. I guess I am a softie. It has finally paid off though... Our baby sleeps through the night in her crib. The problem with this book is not the content but how it is delivered. The author mentions action plans at the end of chapters? Nope. I'm one of these people who just needs to be given directions. Point me in the right direction and tell me exactly what to do, and that will happen. I couldn't really get a handle on what to do in some situations, and there were times when I KNEW I had read what to do SOMEwhere within the book and then I couldn't find the text again. Basically, the book is just poorly edited and laid out. Stick with it, all ye parents of babes with little sleep.... you can do it!

Maybe we just got lucky, but I read and followed the advice in this book, and have a baby who has slept in his own room since he was about 3 and a half months old. He slept through the night for the first time around 4 months, and has every night since he was nine months. By sleep through the night I'm talking ten to twelve hours. He also takes two 1 to 3 hour naps a day, and naps and bedtimes are rarely a hassle. This book provided me with tips, and information about what to expect at every age concerning a child's sleep pattern. As a first time mom, I feel like it really put my mind at ease many times, and guided me in helping our son get the sleep he needs. I'm not big on having to read a ton of books to raise a child, but I need my sleep lol, and this one was my bible for many months. The book clearly states suggestions for resolving sleep problems without making it seem like there is only one right way i.e. you're only a good mom if you never let your child cry, or you must let your child cry it out. It's the only child rearing book I've read, and I highly recommend it.

I probably read approximately 10 books on sleep training and this is one of the musts for any parents wanting to sleep train their babies. This book is the one that gave me the "aha" moment when it explains that babies go through change in their sleep cycle around 8 weeks. That was exactly around the time our baby started taking short naps! The book is extremely helpful in understanding the science behind sleeping and baby's development over time related to sleep. The book also talks about how you would let the baby CIO. It mentions how just like you would want to teach your baby healthy eating habits, you are teaching healthy sleep habits by CIO rather than trying to soothe to sleep by rocking them to sleep etc. A must read if you are thinking about CIO.

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