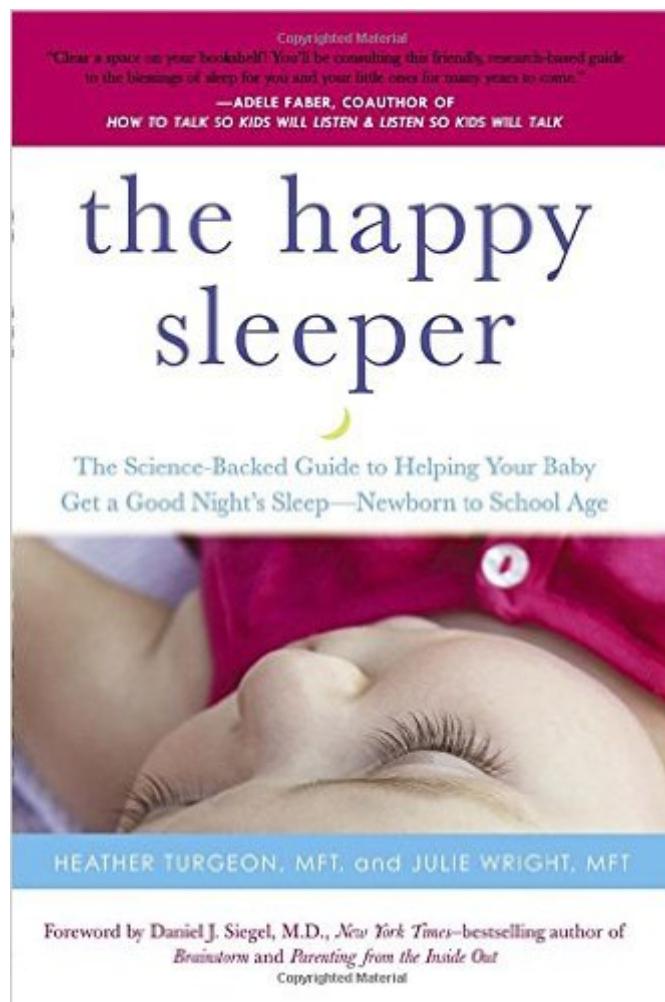


The book was found

# The Happy Sleeper: The Science-Backed Guide To Helping Your Baby Get A Good Night's Sleep-Newborn T O School Age



## Synopsis

Many parents feel pressured to restrain babies and young children to sleep but kids don't need to be trained to sleep, they're built to sleep. Sleep issues arise when parents (with the best of intentions) over-help or a helicopter parent at night "overshadowing their baby's innate biological ability to sleep well. In *The Happy Sleeper* child sleep experts Heather Turgeon and Julie Wright show parents how to be sensitive and nurturing, but also clear and structured so that babies and young children develop the self-soothing skills they need to fall asleep independently. *Sleep through the night* Take healthy naps. *Grow* into natural, optimal sleep patterns for day and night. *The Happy Sleeper* is a research-based guide to helping children do what comes naturally "sleep through the night. *The Happy Sleeper* features a foreword by neuropsychiatrist and popular parenting expert Dr. Daniel Siegel, author of *Parenting from the Inside Out* and the New York Times bestseller *Brainstorm*.

## Book Information

Paperback: 368 pages

Publisher: TarcherPerigee (December 26, 2014)

Language: English

ISBN-10: 0399166025

ISBN-13: 978-0399166020

Product Dimensions: 5.4 x 0.9 x 8.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars (See all reviews) (146 customer reviews)

Best Sellers Rank: #7,258 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #12 in Books > Parenting & Relationships > Parenting > School-Age Children #61 in Books > Parenting & Relationships > Parenting > Early Childhood

## Customer Reviews

I hardly ever write reviews but I am so overjoyed with my baby boy's progress, I am hoping this will help even one tired parent out there! Our son had never been an awesome sleeper... but when the 4 month sleep regression hit it got downright awful. He got increasingly difficult to put down at night (we'd rock him for 20-45 minutes, half the time he'd fight us, and his eyes would pop open the second he hit the crib). It took multiple tries to get him down and from there he would wake ever

hour and a half, or worse, and it was a nightmare to get him back down. He'd start the night in his crib, then move to the Rock n Play (which we had tried to ditch when he turned 3 months), and by 3 or 4am he'd end up in bed with us. We even reverted to swaddling him some nights (another habit we'd tried to ditch) because it was so bad. I heard people talking about this book in one of my Mommy Facebook groups, and then a friend recommended it, so we decided to give it a shot. The week he turned 5 months old we implemented the "Sleep Wave" (he was too far gone for the more gentle methods to work - we tried a few nights of the "soothing ladder" they recommend for 0-4 months old, and he wasn't having it). So we started on a Friday night and did the "Sleep Wave" for both nighttime sleep and naps. The first night he protested for an hour and 15 minutes - it was definitely hard to hear him fuss, and he even seemed madder when we went in for the 5 minute checks. But once he fell asleep, he only woke up three times (A HUGE improvement for him), two of those were to nurse. All 3 times he fell back asleep on his own in under 15 minutes, I couldn't believe it! Night #2 was rough, he was awake from 4-6 am and I started doubting the method... but we stuck with it and I'm so glad we did.

[Download to continue reading...](#)

The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep-Newborn to School Age Salomon Smith Barney Guide to Mortgage-Backed and Asset-Backed Securities The Happiest Baby on the Block; Fully Revised and Updated Second Edition: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program for a Good Night's Sleep Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed Olds' Maternal-Newborn Nursing & Women's Health Across the Lifespan (10th Edition) (Maternal-Newborn & Women's Health Nursing (Olds)) Avery's Neonatology: Pathophysiology and Management of the Newborn (Avery's Neonatology Pathophysiology and Management of the Newborn) The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night Your Baby Is Speaking to You: A Visual Guide to the Amazing Behaviors of Your Newborn and Growing Baby The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve Hours aNight Baby-Led Weaning: The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater Bright from the Start: The Simple, Science-Backed Way to Nurture Your Child's Developing Mind from Birth to Age 3 Good Night, Sleep Tight Workbook: The Sleep Lady's Gentle Step-by-step Guide for Tired Parents Get Backed: Craft Your Story, Build the Perfect Pitch Deck, and Launch the Venture of Your Dreams Healthy Sleep Habits, Happy Twins: A Step-by-Step Program for Sleep-Training Your Multiples How Smart Is Your Baby?:

Develop and Nurture Your Newborn's Full Potential (The Gentle Revolution Series) Twelve Hours' Sleep by Twelve Weeks Old: A Step-by-Step Plan for Baby Sleep Success Baby Shower: Baby Record Book. Activity Journal, Message Book, Guestbook, Journal, Pregnancy, Motherhood, Mum, Mother, Dad, Father, Baby, Girl, Boy, ... With 20 Baby Shower Games, 8x10in (Volume 3) Architectural Graphic Standards (Ramsey/Sleeper Architectural Graphic Standards Series) The Sleeper and the Spindle

[Dmca](#)