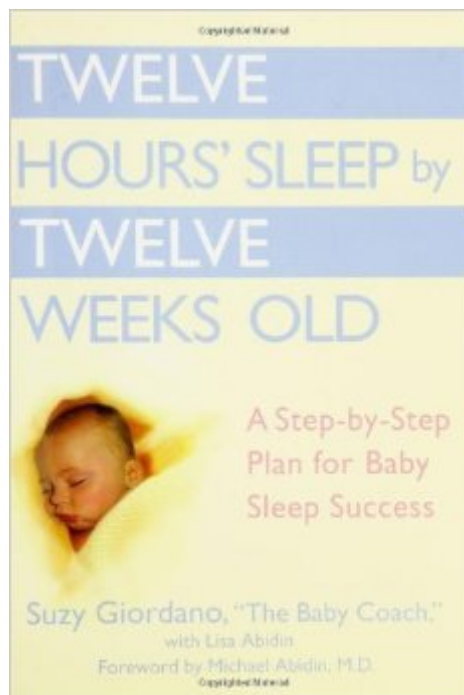


The book was found

Twelve Hours' Sleep By Twelve Weeks Old: A Step-by-Step Plan For Baby Sleep Success



Synopsis

There is no bigger issue for healthy infants than sleeping through the night. In this simple, straightforward book, Suzy Giordano presents her amazingly effective "Limited- Crying Solution" that will get any baby to sleep for twelve hours at night and three hours in the day by the age of twelve weeks old. Giordano is the mother of five children and one of the most sought-after baby sleep specialists in the country. The Washington Post calls her a baby sleep "guru" and "an underground legend in the Washington area for her ability to teach newborns how to achieve that parenting nirvana: sleeping through the night." Her sleep plan has been tested with singletons, twins, triplets, babies with special needs, and colicky babies and it has never failed. Whether you are pregnant, first-time parents, or parents who seek a different path with your second or third child, anyone can benefit from the Baby Coach's popular system of regular feeding times, twelve hours of sleep at night and three hours of sleep during the day, and the peace of mind that comes with taking the parent and child out of a sleep-deprived world.

Book Information

Hardcover: 160 pages

Publisher: Dutton; 3rd Edition edition (January 19, 2006)

Language: English

ISBN-10: 0525949593

ISBN-13: 978-0525949596

Product Dimensions: 5.4 x 0.8 x 7.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (394 customer reviews)

Best Sellers Rank: #2,164 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #23 in Books > Parenting & Relationships > Parenting > Early Childhood

Customer Reviews

My day care provided me this book when my baby at 5 months old was still waking to breastfeed twice at night (hey, I thought that was actually pretty good as she'd go to sleep at 7, eat at 1 and 5 am and wake at 7) I read through this initially with an open mind but anyone who has experience in breastfeeding would know that this book provides terrible advice, esp. for a breastfeeding mother. It alarms me that this book is popular. Breast milk is digested more quickly than formula and for this reason, breastfed babies eat more often, and they are often much older when they sleep through

the night. Furthermore, the books talks about minutes of breastfeeding and decreasing the min. of breastfeeding at night until your baby doesn't want it anymore. First off, minutes in breastfeeding do not correlate to a specific amount of milk - the author clearly has no idea about this! If you are having a let down, the baby could get 2 ounces in a minute or nothing if let down hasn't started. Further, by 6 months, my baby was super-efficient and could easily empty a breast in under 3 minutes. Third, if you stop a baby mid-way through a feeding they will not get the proper balance of milk (fore and hind milk). If you do not fully empty your breast, less milk will be made by your body and your supply will be impacted (not to mention you supply will be impacted by waiting to feed every 4 hours). She addresses NONE of these issues in her book which indicates, she has not researched how her routine could affect the breastfed baby and mother. I understand that many mothers are tired. Yes, it is terrible, but if you think about it, your children are infants for such a short period of time in your life and one day, you will sleep again.

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

Twelve Hours' Sleep by Twelve Weeks Old: A Step-by-Step Plan for Baby Sleep Success The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve Hours aNight BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing 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) Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night Good Night, Sleep Tight Workbook: The Sleep Lady's Gentle Step-by-step Guide for Tired Parents Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program for a Good Night's Sleep Healthy Sleep Habits, Happy Twins: A Step-by-Step Program for Sleep-Training Your Multiples Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success by Shawn Stevenson | Book Summary Includes Analysis Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success The Secrets to Writing a Successful Business Plan: A Pro Shares a Step-By-Step Guide to Creating a Plan That Gets Results Fit to Ride in 9 Weeks!: The Ultimate Exercise Plan: Achieve Straightness, Suppleness, and Stamina In the Saddle 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

Blitz the Big Book of Cartooning: The Ultimate Guide to Hours and Hours of Fun Creating Funny Faces, Wacky Creatures, and Lots More! Sams Teach Yourself WordPerfect Office 2000 for Linux in 24 Hours (Teach Yourself -- 24 Hours) Sams Teach Yourself UNIX System Administration in 24 Hours (Sams Teach Yourself in 24 Hours) Sams Teach Yourself DirectX 7 in 24 Hours (Teach Yourself -- Hours)

[Dmca](#)