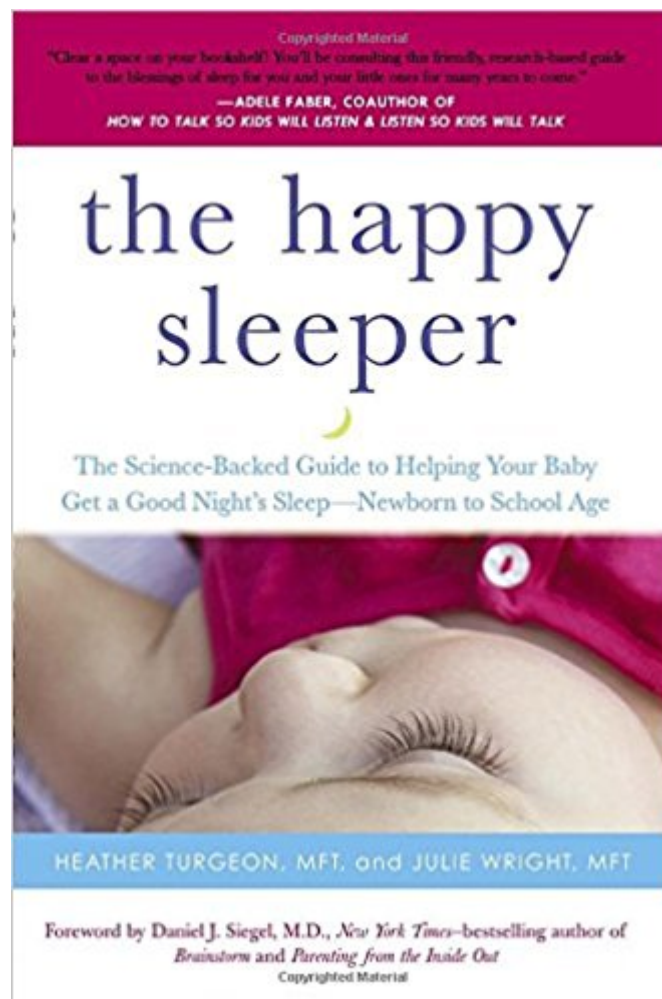


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# The Happy Sleeper: The Science-Backed Guide To Helping Your Baby Get A Good Night's Sleep—Newborn T O School Age



## Synopsis

Many parents feel pressured to train 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 "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

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## 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.

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