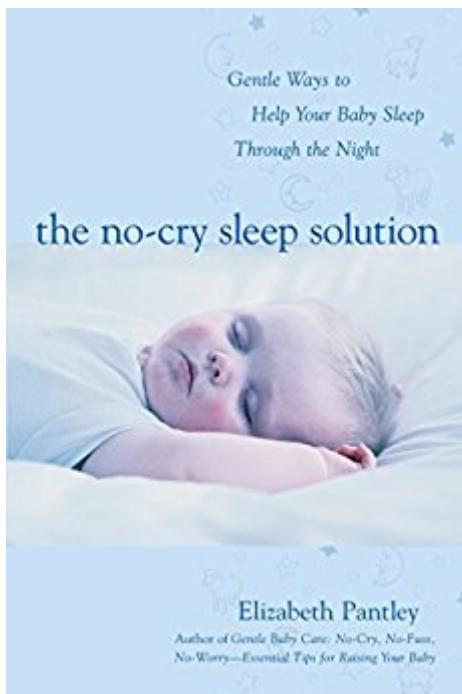


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The No-Cry Sleep Solution: Gentle Ways To Help Your Baby Sleep Through The Night: Foreword By William Sears, M.D.



Synopsis

A breakthrough approach for a good night's sleep--with no tearsThere are two schools of thought for encouraging babies to sleep through the night: the hotly debated Ferber technique of letting the baby "cry it out," or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. If you don't believe in letting your baby cry it out, but desperately want to sleep, there is now a third option, presented in Elizabeth Pantley's sanity-saving book The No-Cry Sleep Solution.Pantley's successful solution has been tested and proven effective by scores of mothers and their babies from across the United States, Canada, and Europe. Based on her research, Pantley's guide provides you with effective strategies to overcoming naptime and nighttime problems. The No-Cry Sleep Solution offers clearly explained, step-by-step ideas that steer your little ones toward a good night's sleep--all with no crying.Tips from The No-Cry Sleep Solution:Uncover the stumbling blocks that prevent baby from sleeping through the nightDetermine--and work with--baby's biological sleep rhythmsCreate a customized, step-by-step plan to get baby to sleep through the nightUse the Persistent Gentle Removal System to teach baby to fall asleep without breast-feeding, bottlefeeding, or using a pacifier

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Customer Reviews

First off, this is a great book, and has some really great suggestions for parents that don't want to let their baby cry it out (I guess if you are reading this, that is you too). There is really a couple of key concepts here - how to reduce the length of nighttime feedings, and how to reduce the frequency. We, like most parents, nursed (I say we, I obviously mean my wife) our baby when he woke up crying, and he nursed back to sleep. Eventually the little bloke kept waking up every 1.5 hours, mainly just to nurse. Plantley's solution for reducing the time it takes to nurse at night worked really well, and we were able to reduce the amount of time it took to nurse him back to sleep considerably. However, her next key routine didn't work for us at all - how to sooth him, and put him down slightly awake.. You are meant to pick him up, sooth him, and put him down drowsy. If he starts crying, pick him up, and do it all over again. In her book she states "you might need to do this five times, but that is OK, really". Well, 1 hour later, and he still wasn't going back to sleep. I must have done this at least 50 times. As soon as he hit the crib he would startle, and start crying and fussing. Our baby is now pretty much sleeping through the night though! And I wanted to share what we learnt, and did.

- 1) feeding solid food (baby food). Our baby is six months, and we started giving him baby food morning and night. I know that every sleep book says that giving solids makes no difference, but I also know that every parent will tell you otherwise. A full baby is a baby that sleeps better.
- 2) Stopping nursing at night, and finding another way to sooth him. This was key for us.

At 3 months, my son was sleeping 7pm-4am, waking up to feed, then back down until 7-8am. Then the holidays hit, and everything fell apart. Suddenly he was waking up no less than 12-15 times between 10pm-6am. After 10 days of getting less than 4 hours of (interrupted) sleep each night, my husband and I determined we needed to take action to help the poor kid get back on track. We bought three books - Ferber, "Healthy Sleep Habits" and this one. Of course we wanted to follow the no-cry solution. Who wants to put their child (and themselves) through the misery of cry it out? I truly believed that cry it out was the wrong thing to do and was positive this plan would work. My husband and I committed to the program and agreed we'd follow it "as long as it takes." It took all of our energy to read the book cover-to-cover, put together a sleep log and then lay out our sleep plan. The author instructs you to have "patience" and to celebrate even the smallest improvements. What she doesn't really acknowledge is that, when serious sleep deprivation has you at each others'

throats, weeping hysterically at the drop of a hat and feeling resentful towards your poor innocent baby, "patience" is something nearly impossible to come by. After 4 weeks of working with our sleep plan - following the guidelines 'round-the-clock - our son was still waking up 6-8 times a night and napping poorly during the day. This was an improvement over waking a dozen times a night, but still he had huge dark circles under his eyes, startled easily, cried at nothing. He was miserable. We all were. Despite the 300 other reviews here that say basically "if you really love your baby, you won't let him cry it out" ... I LOVE MY BABY. And we finally decided to let him cry it out. And now?

And I've read them all! I have three boys; age 6, 4 1/2 and 13 months. I could never let any of them cry it out and I spent many hours worrying over whether or not I was "ruining" them by not "making them learn to sleep on their own". This book is one of the very few (Dr. Sears books are the other ones) that helped me to feel validated in my longing to just be a mom 24 hours a day/7 days a week, not just when it was convenient for me or "time" to be. The fact that Mrs. Pantley has done some work with Dr. Sears helped me to know that "the no-cry sleep solution" book was going to be one filled with loving, gentle advice. And, boy was it ever! I really can't recommend it highly enough!! AM a little tired, and my 13 month old is not the best sleeper, so I am trying some of the solutions in this book. I am glad, however, that I am not feeling the pressure to let my baby cry it out that I felt when I read several other books on the subject. Not many of them applaud the philosophies of co-sleeping or nursing long term. I know in my heart that co-sleeping and nursing is not a "bad habit" but society dumps that pressure on moms not to do it. This book is very encouraging for moms who DO nurse during the night and let their babies sleep with them. What a breath of fresh air! This is the only book I have read so far that offers useful but gentle advice and gives the parent "permission" to not let their child cry it out all night. Not only books I have read, but grandparents, other Christian friends, even my pediatrician's office staff, all seem to give me the "guilts" when I admit I am not physically able to let my kids cry it out. It literally makes me sick to my stomach.

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