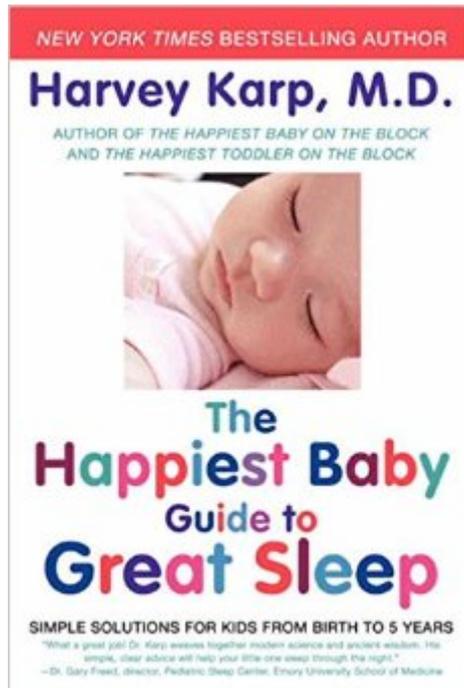


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# The Happiest Baby Guide To Great Sleep: Simple Solutions For Kids From Birth To 5 Years



## Synopsis

America's favorite pediatrician, Dr. Harvey Karp, now focuses his unparalleled knowledge, experience, and insight on solving the #1 concern of parents everywhere: sleep. With *The Happiest Baby Guide to Great Sleep*, Dr. Karp—arguably the world's foremost parenting expert and bestselling author of *The Happiest Baby on the Block* and *The Happiest Toddler on the Block*—offers invaluable tips on how to help your newborn, infant, or toddler get the rest they need, while debunking some of the most widely held myths about babies and sleep. Dr. Karp's advice has already been sought after by some of Hollywood's brightest stars—including Michelle Pfeiffer, Pierce Brosnan, and Madonna—and now his *The Happiest Baby Guide to Great Sleep* can help anyone guide even the most resistant small child gently toward wonderful, restful, healthful slumber, so that mom and dad can enjoy a good night's sleep themselves!

## Book Information

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## Customer Reviews

We had a fussy newborn who SCREAMED when sleeping alone...so, we let her sleep in our bed and nurse on demand (i.e., whenever she woke up) throughout the night. The problem was that we never got her out of our bed and she STILL, at 17 months, woke up 6-10 times per night to nurse herself back to sleep (which means so did I!). We are expecting another baby in January, so we needed her to sleep in her own bed, and most importantly, to sleep through the night. Because she had learned such bad habits, I was convinced we would have to do cry it out all night long. I was against this idea, especially because she is so old and remembers so much from her day. The

Happiest Baby provided an alternative option, even for an older child with TERRIBLE sleep habits. After reading this book, we made the following helpful changes:1: White noise: amazing! my daughter is a light sleeper so this really helps drown out the noise. I can even do the dishes when she sleeps without waking her (I was never able to before)2. Lovey and a nightlight: we didn't use either before, so we bought Twilight Turtle based on a friend's recommendation. LOVE IT and recommend it. We put it in her crib so that she can turn it on whenever she needs it.3: Later bedtime: moved from 7:30 to 8:00; made a huge difference!4: Longer and longer: Using this approach, my daughter still cried a little but it's not as cruel as cry it out5: Suggestions from Happiest Toddler on the BlockMy daughter had NEVER slept in her crib and hadn't learned to put herself back to sleep, so I thought the transition to the crib was going to be HORRIBLE But...it wasn't. The first night, she woke up only 3 times and fell asleep after 5, 10, and 5 minutes.

Ok. This book made me cry. Not sad tears, but tears of relief and appreciation. See I am a Buddhist when it comes to child rearing. Or Goldilocks. I think there are interesting ideas and points in the extremes, but from a totally practical place extreme ideas never get implemented in my life. I am not an all or nothing kind of girl. I cannot be touching my baby 24/7 cause Mama's got to pee--and let's face it: the times I try to pee and hold a 7 week old squirming to be fed were never the smartest moments of my young mama life! I also HATE hearing her cry. I know she wants me to understand something. Just WTF it is can blow my mind sometimes. (That's where the "this is what this grimace means" charts in the Baby Whisperer books came in totally handy!)Dr. Karp's book is a book of the middle way. There is no extreme here. There is gentle child-centered/parent respecting counsel. There are a lot of ideas for you to work with. You find your own path for your own child. Sure, he can be repetitive, but the book was not made to read cover to cover in one sitting (even if Type A Mama Me did). Who cares! I am too tired to remember everything as it is. And talking about why we go crazy when we are sleep deprived from our kiddos really helped me offer myself some more grace. But ultimately what made me cry was the respect he shows children. His toddler ideas--which are over a year away for us to implement--were right at the level of a toddler's mind and understanding, while still empowering parents to gently guide their kiddos towards healthy sleep habits that help the whole family. A quick note for any parents with highly spirited little ones: We found that his companion CD worked well the first 6 weeks of our girl's life, but then it was a bust.

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