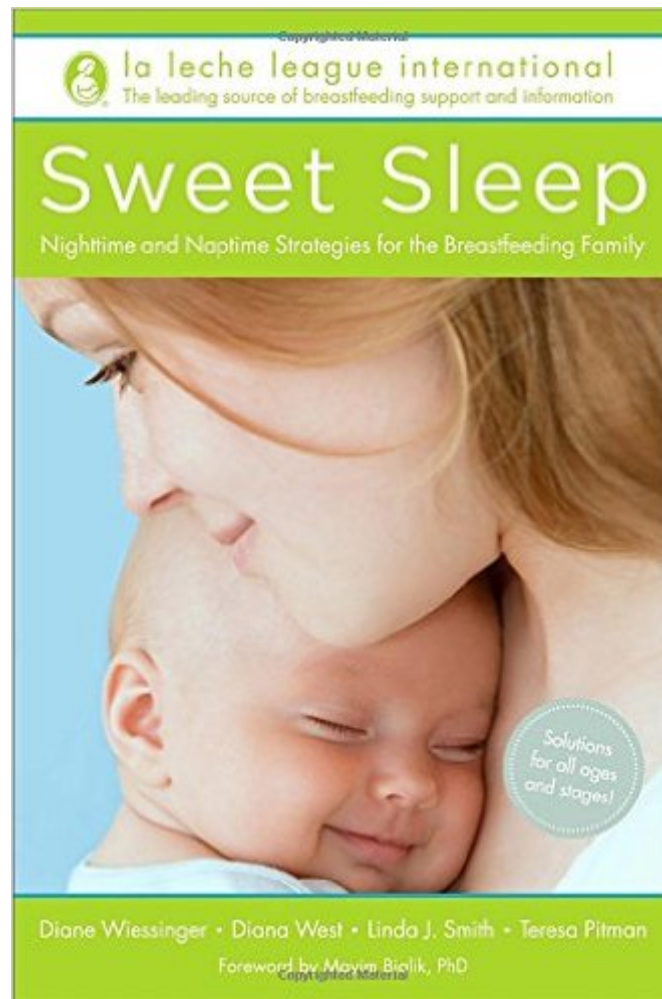


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# Sweet Sleep: Nighttime And Naptime Strategies For The Breastfeeding Family



## Synopsis

Sweet Sleep is the first and most complete book on nights and naps for breastfeeding families. It's mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research. It's 4 A.M. You've nursed your baby five times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. Sweet Sleep is within reach. This invaluable resource will help you sleep better tonight in under ten minutes with the Quick Start guide and sleep safer every night with the Safe Sleep Seven checklist sort out the facts and fictions of bedsharing and SIDS learn about normal sleep at every age and stage, from newborn to new parent direct your baby toward longer sleep when he's ready tailor your approach to your baby's temperament uncover the hidden costs of sleep training and cry it out techniques navigate naps at home and daycare handle concerns from family, friends, and physicians enjoy stories and tips from mothers like you make the soundest sleep decisions for your family and your life Advance praise for Sweet Sleep "Chock-full of advice and information . . . The editors smartly break the information into digestible bits organized by topics and age ranges. And for any parent desperate for an uninterrupted few hours of sleep, the advice is worth the read. Sweet Sleep includes extensive information on creating a safe sleep space, helping children learn to sleep on their own and defusing criticism of your family's choices. . . . This book is nothing but supportive of whatever your choices are about nursing and sleeping." "BookPage" "An essential guide for parents . . . detailed, practical advice on bed sharing and breast-feeding, with basic guidelines for safe bed sharing outlined in seven steps." "Publishers Weekly

## Book Information

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## Customer Reviews

What I liked about this book is an alternative and natural point of view about baby sleeping: we are animals. We are meant to sleep in close proximity, in a village surrounding, and \*not\* surrounded by artificial touch (swaddling), artificial silence (tip-toeing around the house only makes babies feel like they're alone), artificial nipples (pacifiers) and artificial wake/sleep times (sleep training, cry-it-out etc). What I couldn't swallow is the fact that I was doing all of the above things, and still waking up totally exhausted. Co-bedding safely, waking up to feed every 1-2 hours, laying next to my daughter while she grunted, groaned, thrashed, and flailed her arms about against me. I would wake up at 5 am feel like I wanted to sob. It just wasn't working, as much as I wanted it to. And I was about to go back to work, which I had no choice but to return to in order to keep my job. Naps were chaotic and she was so difficult to get to sleep unless I had her in a carrier, walking constantly, in the Arizona afternoon sun. Not very realistic. What I really was looking for was a "somewhere in between" that I ultimately had to come to on my own. My baby is 3 months old and we do a combination, different on any given night: we do swaddle her (it does calm her down), lay her in her crib, slightly awake, with a pacifier, and we camp out by the crib until she falls asleep. She seems content and calm, and is used to this routine. After her first awakening, sometimes I feed her and put her back in the crib and sometimes I stumble into our bed together. Sometimes I take her back, and sometimes I don't. She is growing well and seems happy, secure, and rarely cries, even at night.

I loved this book. As a mom, early childhood educator, nurse, and IBCLC, I am pro-attachment parenting. I am going to say right off that parenting, especially in the early months is hard. There's no getting around that. People that desperately want their old life back are the ones that have the hardest time adjusting to the new reality. In the scheme of things, the old adage is true: "The days are long, but the years are short." The best tips I can offer? I believe that attachment parenting has the evidence-based-practice behind it to recommend it. Bottom line. What we do, directly teaches our children how to view the world, and how to function in it. We teach our children trust, love, compassion, and empathy when we respond to their needs. When a baby is crying, they are not manipulating. They are telling us what they need in the way they can tell us. I believe as parents,

our hearts tell us what is right to do. I doubt any parent doesn't feel the need to go to their children and help them when they need them. It is only when some dusty-old-theory pops-up about sleep training or such other nonsense that parents go against their gut. This book is amazing and affirmative to the family and to our society. Attachment parenting produces human beings that are a positive light in the world. My kids are now grown. Yes, they eventually weaned; potty trained; slept in their own bed...at their own timing. Yes, I am still happily married and had a sex life then and now. Our children are the kindest, most empathetic, smart, funny, socially responsible people I have ever met. I am so proud of them. I credit attachment parenting (I recommend Dr. Sears' The Baby Book), co-sleeping, breastfeeding, and listening to my heart.

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