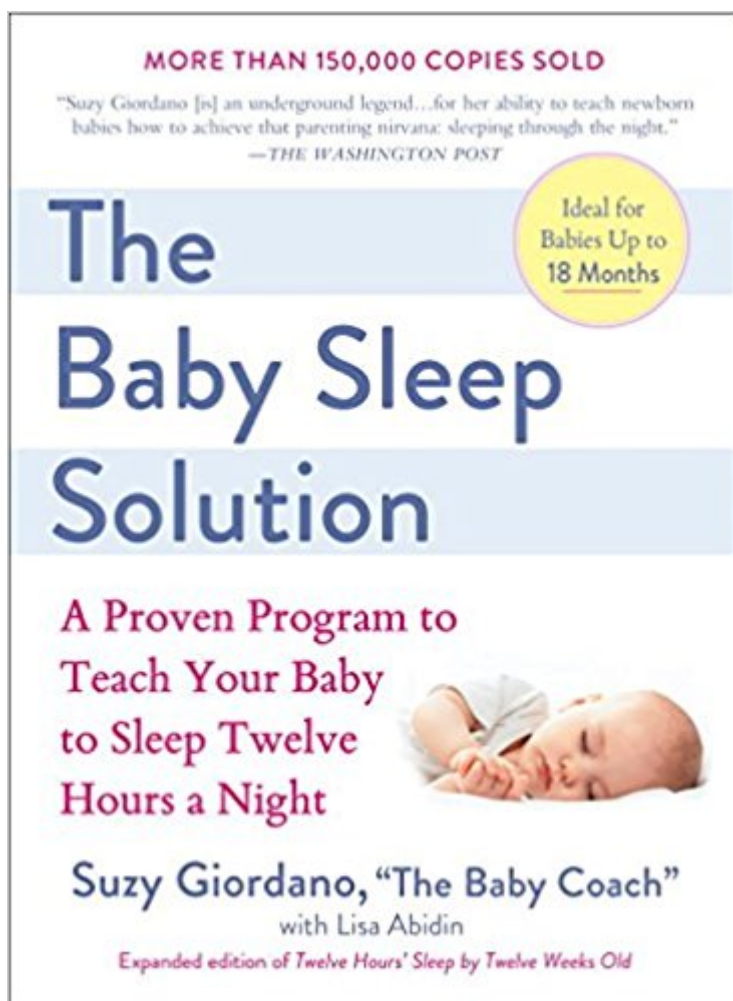


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# The Baby Sleep Solution: A Proven Program To Teach Your Baby To Sleep Twelve Hours A Night



## Synopsis

Suzy Giordano, affectionately known as "The Baby Coach," shares her highly effective sleep-training method in this step-by-step guide to let both baby and parent enjoy long, peaceful nights. Full of common sense and specific tips, the Baby Coach's plan offers time- and family-tested techniques to help any baby up to the age of 18 months who has trouble sleeping through the night. Originally developed for newborn multiples, this sleep-training method worked so well with twins and triplets that families with singletons and older babies began asking Suzy to share her recipe for success, resulting in: regular feeding times; 12 hours' sleep at night; three hours' sleep during the day; peace of mind for parent and baby; and less strain on parents - and their marriage. This edition includes a new chapter on implementing the program with babies up to 18 months.

## Book Information

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## Customer Reviews

• Suzy Giordano [is] an underground legend . . . for her ability to teach newborn babies how to achieve that parenting nirvana: sleeping through the night. • "The Washington Post" • "[Suzy] Giordano is a godsend. [She] has been good for the whole family." • "Chicago Tribune" • "The best parenting book I've read. Reading this book was the best hour's investment I made in my parenting." • "Boing Boing"

Suzy Giordano is the mother of five children. Affectionately known as "the Baby Coach," she's worked with Washington, DC area families as an infant sleep specialist for ten years and shared her expertise in *The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve*

Hours a Night. Visit her website at [babycoach.net](http://babycoach.net).

I went to the library and took out at least seven books about how to get my baby to sleep through the night, and this is by far the best book even though it is written by a layperson...if you take it with a grain of salt. I gave it four stars because of a few but important points that new mothers need to know about before following her plan which the author does not take into account. I also can't help but snort at "not impressed" buyers/readers who only give this book one star. Obviously the person giving this book one star has not read all the other books out there and then actually tried to follow the long and tedious advices found withing hundreds and hundreds of pages...The Pros of this book:1. It asks parents to put their relationship with their spouse/sanity/own need first. Then the babies. This is how a healthy child should be raised. Suzan stresses this point, and yes, it might offend parents that center their whole life around their child... so be forewarned.2. It really is a short read, and is to the point. A sleep deprived mom who can't even remember where her left shoe is will be able to read this in one sitting3. It outlines a schedule. It also teaches the parent how to get the baby on this or any other schedule that the parent decides to follow.4. It works! I however feed my baby every 2-3 hours during the day, from 7 am to 7 pm only. The author should have mentioned this adjustment-if needed- and she does not.Why schedule feeding and this book worked for me: My baby was in the 99th percentile for size when he was born and he was so hungry that i was feeding him every hour ( from start to start of the next feeding) ,and each feeding lasted 45 min, meaning that I had 15 minutes off every hour 24 hours a day. I am not kidding. I followed the new age" no schedule, feed any time he wants commonly preached currently practiced by the medical community method of feeding. I then almost drove off the highway with my baby from sleep deprivation. When he was four months old, I finally found this book. After two weeks of feeling like a monster mom, coming into the room every three minutes of him crying, he finally slept through the night. I mean the whole night. 12 hours. The next night he did the same, barely cried for 3 minutes, and fell asleep. He slept 12 hours- again. Now one year later, he still sleeps 12 hours a night .Cons:For super lactators out there ( you are one if using only a hand pump you get more than 6 oz out of ONE breast first thing in the morning). This schedule could potentially work, although feeding a baby only every four hours 4 times a day might not be enough for a very hungry baby. For mine ( because I tried this schedule) it did not work. He got grumpy and mean. But for my friend whose baby puked breast milk up constantly, this schedule actually made the baby stop puking the food up, and gave the baby less gas, cramps, as well as colic. He became a happy baby. My friend by the ways is a super lactator. This is why I only gave this book 4 stars - feeding a baby only every

four hours will not work for all babies. Also, beware if you are a mom like me who is not a super lactator. Your milk will slow down the second you stop waking up at night and stumbling like a zombie to feed the baby. This is because of hormones - something to do with feeding in the middle of your OWN sleep pattern causes a greater amount of milk to be produced. Also, feeding every two hours super charges the breast milk production of moms like me- who are not super lactators. By the way, I rented a sensitive scale to weigh the baby before and after feedings to see if her theory actually works... and it does- to some degree. If you feed the baby every four hours and the baby is hungry, your milk production adjusts...but by not as much as she mentions in her book. I was able to raise mine from 3 or 2 oz to 5 oz. But I was never able to produce 6 oz during the half hour feedings. My friend however, raised hers from 10 to 12 oz. Please mark this review if you found it helpful :)

Works like a charm! Suzy is amazing. My first son slept through the night exactly at 3 months. My second son had other plans but eventually did sleep through the night and continues on his schedule. Great book for Type A moms jiji :)

This book had made a huge impact on me! My baby is napping better and sleeping much better during the night and he is therefore much happier and playful and less fussy during the day

This is my best parenting advice ever to anyone & everyone. It worked on my very difficult infant. I started at 4 weeks old & by 3 months she was in the crib for 12 hrs with no feeds. Best book ever!!! Totally saved me from losing my mind.

Best book ever. Both our girls have had great success using this method. They both slept through the night by 12 weeks. Also, both our daughters currently sleep 12 hours every night (they are 2.5 years and 9 months). We now buy this book as baby gifts for everyone we know.

Excellent! Easy read

Followed the instructions and it worked! My son was sleeping through the night within 2 weeks of starting this program. I recommend or buy it for every friend who is expecting a baby.

Easy to read and straight forward. It gives great, practical advice. Some people worried the feeding

schedule was more along the lines for formula fed babies. I just try and apply as much as I can while breastfeeding so that it does not affect my supply.

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