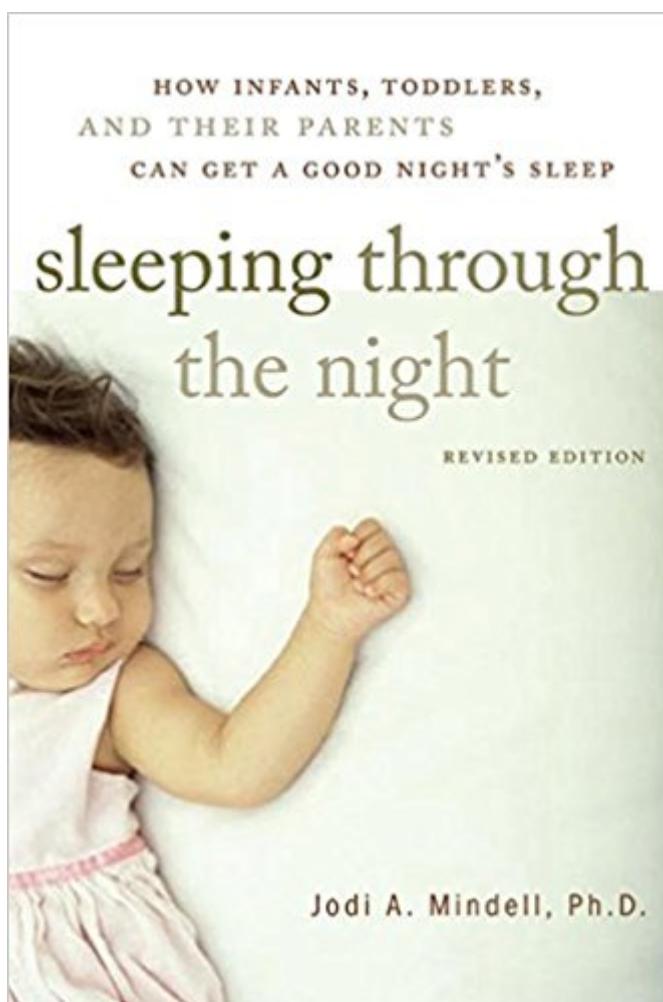


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# Sleeping Through The Night, Revised Edition: How Infants, Toddlers, And Their Parents Can Get A Good Night's Sleep



## **Synopsis**

Right after "Is it a boy or a girl?" and "What's his/her name?," the next question people invariably ask new parents is "Are you getting any sleep?" Unfortunately, the answer is usually "Not much." In fact, studies show that approximately 25% of young children experience some type of sleep problem and, as any bleary-eyed parent will attest, it is one of the most difficult challenges of parenting. Drawing on her ten years of experience in the assessment and treatment of common sleep problems in children, Dr. Jodi A. Mindell now provides tips and techniques, the answers to commonly asked questions, and case studies and quotes from parents who have successfully solved their children's sleep problems. Unlike other books on the subject, Dr. Mindell also offers practical tips on bedtime, rather than middle-of-the-night-sleep training, and shows how all members of the family can cope with the stresses associated with teaching a child to sleep.

## **Book Information**

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## **Customer Reviews**

Jodi A. Mindell, Ph.D., is associate director of the Sleep Disorders Center at The Children's Hospital of Philadelphia. She holds a Ph.D. in clinical psychology, is professor of psychology at Saint Joseph's University, and is the author of numerous publications on pediatric sleep disorders. She lives with her family in Rosemont, Pennsylvania.

This book was recommended from a friend of mine, and I owe her a fruit basket for it. My 8-month-old was happy to nurse every 2 hours like clockwork through the night and I was dreading

the process of getting him to sleep on his own, as I had attempted it several times, but this book was such a great help towards everyone getting more sleep. The practical steps outlined helped minimize my heartache as we moved towards having my baby in his own crib in his own room, and within a month he was sleeping soundly through the night on a regular basis -- a first! I forgot what it was like to sleep 6 hours undisturbed! Not every parent condones letting a baby cry themselves to sleep, but this book is a happy medium. 10/10 recommend.

This book saved my sanity. After reading about three other sleep books and skimming a few others, this was the magic book. It took a very balanced approach and recognized that there is NOT a one size fits all kind of solution to sleep. She took into account different family cultures and needs and took away the guilt of any decision to cry it out or not, to co-sleep or not, to check and console or not... it was simply "do what works for your family." I loved learning about sleep and then feeling like I had the tools to accomplish my specific goals. THANK YOU, Jodi!!!

I havent even been through the entire book and I still retained enough information to sleep train my one year old. It took less than 5 days and now hes been sleep trained for over a month. We went from co-sleeping to his own crib. This book ia worth every penny

Are you tired? Restless? Exhausted? Then this book is for you. We went from waking up every hour to sleeping through the night in a very short time. With the help of this book we made those restless nights a thing of the past.

Hoping for a solution to our sleep problems, I read up on Ferber, Weissbluth and Mindell. We had a colicky baby and Weissbluth is the only one who really explained in great detail about the colicky baby. Once we were ready to sleep train, I incorporated all of the ideas from Ferber, Weissbluth and Mindell. I think Mindell is the gentlest out of the bunch so if you want to ease into sleep training, perhaps Mindell is the way to go first. For us, Weissbluth made everything better. He also explained a lot about naps too. My baby is now 7 months old and has slept through the night for a solid month. Her naps are also improving tremendously. She's such a different baby when she has enough sleep!

I'm not normally an evangelist for 'theories' and programs and step by step things when it comes to kids, but can I just say OMG this book SAVED my sanity. I followed it word for word when my one

year old was being a stubborn little punk and I was up with her every night, and within a week or two things had improved immeasurably. Now a year later, barring the usual sorts of ups and downs, she's become a great sleeper, even with the transition to toddler bed.

One of the biggest recommendations (early in the book) is to eliminate any tablet/television just prior to putting your child to sleep. This is the best tip out of the entire book and showed immediate results. Highly recommended by several pediatric psychologists.

I am happy to say we have done this "training" and it worked!! I am still in shock.. He was previously nursed to sleep and needed it to fall back asleep each time. It got really bad so bought This book and he now falls asleep in less then 5 min!! He still is waking at night but is much easier to deal with since I can just put him back to bed awake!!! Bed time is soooo less stressful! Only negative is that I think the book could be Layed out a bit easier but all an all it's great !

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