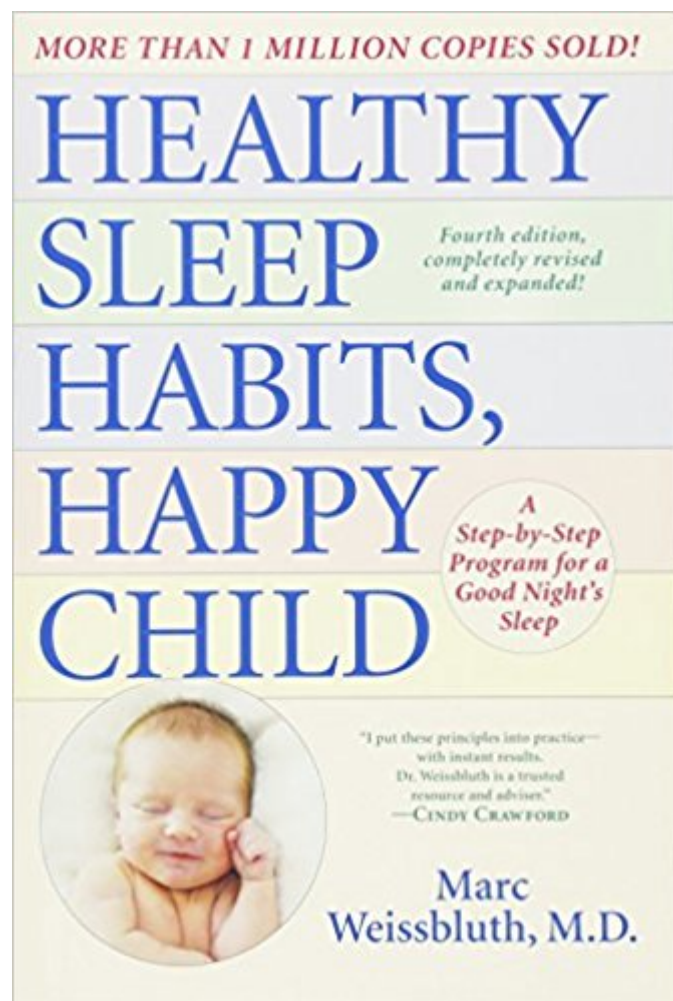




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# Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program For A Good Night's Sleep



## Synopsis

The perennial favorite for parents who want to get their kids to sleep with ease—now in a completely revised and expanded fourth edition! In this fully updated fourth edition, Dr. Marc Weissbluth, one of the country's leading pediatricians, overhauls his groundbreaking approach to solving and preventing your children's sleep problems, from infancy through adolescence. In *Healthy Sleep Habits, Happy Child*, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles. Rewritten and reorganized to deliver information even more efficiently, this valuable sourcebook contains the latest research on the best course of action for sleep problems: prevention and treatment. A common mistakes parents make trying to get their children to sleep. Different sleep needs for different temperaments. Stopping the crybaby syndrome, nightmares, bedwetting, and more. Ways to get your baby to fall asleep according to her internal clock—naturally. Handling nap-resistant kids and when to start sleep-training. Why both night sleep and day sleep are important. Obstacles for working moms and children with sleep issues. The father's role in comforting children. How early sleep troubles can lead to later problems. The benefits and drawbacks of allowing kids to sleep in the family bed. Rest is vital to your child's health, growth, and development. *Healthy Sleep Habits, Happy Child* outlines proven strategies that ensure good, healthy sleep for every age. Praise for *Healthy Sleep Habits, Happy Child*: "I put these principles into practice—with instant results. Dr. Weissbluth is a trusted resource and adviser." —Cindy Crawford

## Book Information

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## Customer Reviews

"I put these principles into practice with instant results. Dr. Weissbluth is a trusted resource and adviser."  
Cindy Crawford

A pediatrician with forty years of experience, Marc Weissbluth, M.D., is also a leading researcher on sleep and children. He founded the original Sleep Disorders Center at Chicago's Children's Memorial Hospital (now called the Ann and Robert H. Lurie Children's Hospital of Chicago) and is a professor of clinical pediatrics at Northwestern University School of Medicine. In addition to his own research, he has written about sleep problems in manuals of pediatrics, lectured extensively to parent groups, is a regular at the 92nd Street Y, and has appeared on The Oprah Winfrey Show. Dr. Weissbluth and his wife of more than fifty years, Linda, have four sons and eight grandchildren. They live in Chicago.

I am a first time mom of a baby who just turned 4 months old a couple of days ago. I was given this book when she was born, but never read it because she was an amazing sleeper. She slept on her own almost anywhere, through anything. At about 1 1/2 months she started having a "fussy time" at around 8 or 9pm that lasted until about 10:45 when she would fall asleep. It wasn't crying, it was just fussy. Otherwise, she was still a great sleeper (and still sleeping through the night since a week home from the hospital). At almost exactly 3 months old, however, she started screaming and was hysterical at her normal bedtime. The first time, she was inconsolable. She screamed for 4 hours. Nothing I did worked, until I climbed into the bath tub with both of us fully clothed and let her float with me in the water. She calmed down until we took her out. But at that point, she would then take her bottle and soon fell asleep. From that point on, getting her to sleep at night was a crying session every night for her (maybe about 1/2 hour), and she no longer would nap unless it was ON ME in the day time. When I told the doctor, they suggested I read this book. I already had it! So I went home that day and read the entire thing (aside for the stuff for school aged and teenagers). I did NOTHING all day but watch my baby for cues. I had NO IDEA, nor had ANYONE told me that babies shouldn't stay up longer than 2 hours. My baby was up for sometimes 4 hours! Just because she COULD do it didn't mean she SHOULD! That's one of the biggest points I took from the book. I learned that at 3-4 months she was a different baby now, and so things had to change, and that I

was the one that had to start to implement that change. After watching her From the time she woke up from a nap, I realized her eyelids started getting pink at about 45 min after waking up, and at about 1 hour, she would turn her head slowly to the left (people had previously told me this was called "rooting" and that she was hungry, so I would always try to feed her when I saw this, but she always protested... Because that's not what it was! She does this EXACT same thing no matter where she is. If she's laying on her back on the floor, if she is in her bouncy seat, or if I am holding her. And it is 90% of the time turning to her left side. That is her CUE! If I whisk her upstairs at that moment, I can sing her 1 verse of twinkle twinkle little star as I cuddle her, then set her into her bed, hand her a snugly, she does a little whimper, then falls asleep. If I MISS the cue, she will start the rub her eyes and fuss. If I don't get her in her bed soon enough, she will cry when I put her down, and will require the bottle to soothe her, and will not fall right asleep. After learning her cue THAT FIRST DAY, I put her right in her dark room (black out curtains) with a white noise machine (\$9.99 travel one from buy buy baby) and she sleeps for 1 1/2 hours. She STIRS at 45 minutes EXACTLY every single nap, but if I leave her alone, she will go back to sleep for another 45 minutes, and then wakes up at EXACTLY 1 1/2 hours from when she fell asleep. It will be only ONE WEEK TOMORROW that I have been doing this, PLUS we went away on vacation two days ago, and we are still following the plan, and she is DOING IT. She went to sleep at 8:30 last night, slept until 7am, took a bottle, had a diaper change, played for a short time, then fell asleep at exactly 8am and slept again until 9:30. This book has not only changed my life as a first time mom, but I also teach 1st grade, and it has changed the way I look at ALL KIDS... SOOOOOO many issues I see in school every day I now know are most likely caused by these children having either too little sleep, too erratic sleep, or fragmented sleep. The only complaint I have is that there is not a FAQ section in the book. I think it would be a HIGHLY valued section. The random questions throughout the book would be better served in a FAQ section that can be quickly referenced and re-referenced, and more questions/answers should be added. I also wish that Dr. Weissbluth had a website or email address that you could ask questions, because even though my baby is now sleeping on naps and "through the night" again, I have no idea why she is only awake for 1 hour at a time during the day. The standard suggestions of amount of naps and wake times don't apply to her, and I want to know when/if that will change. She is 4 months old, and her "morning nap" after a wake-up time of 7am comes at exactly 8am (she cues me at 7:45 and she's sound asleep by 8), which is NOWHERE NEAR the suggested 9am nap. Then, throughout the rest of the day, she can ONLY stay up for 1hr - 1 hour and 15 min. 1 1/2 is REALLY pushing my luck, and it has NEVER been 2. She takes FOUR naps per day, with a 7:30 (before the time change yesterday, so I don't know how that will screw

things up) bed time, and a couple of times, she has needed FIVE naps. Shouldn't she be able to stay up longer than 1 hour at 4 months? That's pretty much my only concern.

Excellent book. I recommend to start reading before the baby is born but to reread again once the baby is born when you actually have some context to apply the information to. In my experience, I only truly understood what Dr. Weissbluth was saying when I actually had a baby to take care of and was dealing with some of the things he describes. That being said, you won't have much time to eat, sleep, or shower let alone read a book once the baby is born but about 1-2 months in you may have the opportunity to carve out little chunks of time to go back to the book for much needed advice and guidance. Good luck!

I followed the principles in this book for my first two children and they saved my sanity. They are now 7 & 5 and are great sleepers. I gave the book to a friend and now, 5 yrs later have another newborn so I've purchased it again to get started on sleep training for this LO. The only reason why I'm not giving 5 stars is because it's not super easy to read. He says the same things over & over. If you are able to get past that, "cut out the fat", and hear the main message, it's a great book to help your baby be a great sleeper and in turn, a happier baby.

I did not read the whole book. I did read certain parts of the book that most applied to our situation. (Our daughter would fall asleep on her own but wake up several times a night). We implemented some of the suggestions, and found it to be very useful and successful. I found the book to be honest and realistic, so it could be interpreted and applied to different scenarios.

This book is organized so that you are getting to the chapters most relevant to your situation right away. They do use a lot of research and then discuss that research a lot in the book, but encourage you to skim that stuff if you are very sleep deprived. The methods discussed are very helpful, and humane.

I have two girls, 5 and 2 and this book was my bible since my first was born. Everyone tells me I have the best sleepers and I do! They sleep 12 hours through the night now problems and have been doing this since 9 months old. To all the parents struggling with sleep, read all you can on the topic and do what works best for your fam.

Our girl went from sleeping only 2-3 hours at a time still at 11 months old to sleeping almost all night with some of the tips and hints in this book. We don't utilize ALL the advice but take from it what will work for your family and it works.

So glad I bought this book! My son was not falling asleep or staying asleep well. I like how this book presented a few options, my husband and I picked the one that worked best for our family. Our little guy is sleeping well!

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