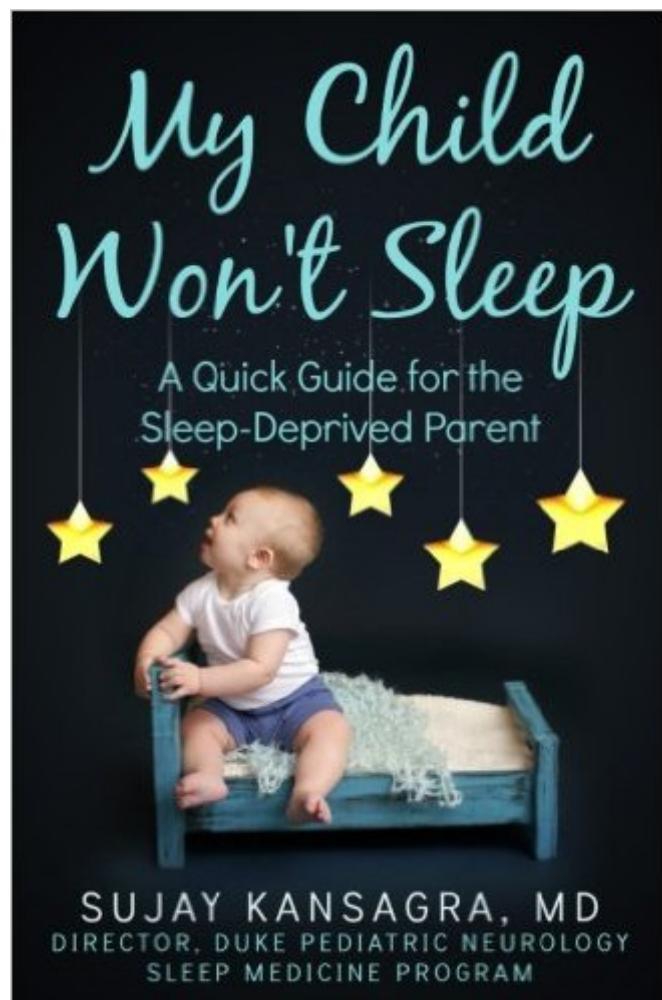


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# My Child Won't Sleep: A Quick Guide For The Sleep-Deprived Parent



## **Synopsis**

Why are there so many different sleep books out there? Why do all the "sleep experts" have a completely different method? Which method is the right one for my child? Why can't someone just write a book that includes ALL of the different solutions that work? Good questions. This book is your answer. In just 50 pages, Dr. Kansagra presents ALL of the solutions that have actual scientific data to back them. If it isn't proven to work, it's not in this book. The solutions are straight-forward, with easy-to-follow, step-by-step instructions that get to the point and get there quick. Find out why pediatricians and parents alike love this book!

## **Book Information**

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## **Customer Reviews**

Definitely the one and only sleep book worth reading. So true and to the point. Not only is it practical and an easy read, but after applying the techniques, my kids actually sleep all night (and so do we...finally). Worked even at a point where I thought they were beyond help! Would highly recommend this to any sleep-deprived parent.

As a mother and a pediatrician, I can't recommend this book highly enough. It cuts straight through the war zone of dueling baby sleep strategies, presenting options in a practical, straightforward, nonpartisan way. Very readable, based in fact and a thorough understanding of how babies' brains work. Wish I'd had it five years ago when my first was born! Great gift for any parents at their wits' end with sleeplessness, plus the stress of making heads or tails of the morass of sleep advice available out there.

This is a really, REALLY quick and simple overview of the few basic ways to sleep train. The book covers six month old infants all the way to teenagers. I didn't learn anything new from the book that I hadn't already learned from my perusing of Babycenter. Good for the price. I read through it once and probably never will again. I would've liked a more comprehensive guide.

I also think this is a great book. It's so short as to be almost a pamphlet but any new parent would rejoice at the length -- I did a little jig. It's a really quick read, maybe 20-30 minutes, and lays out the options for sleep training in a continuum with evidence and a confident manner. The FAQ detailing why you might not want to sleep train is so helpful in addressing guilt, nursing at night, and worrying whether your child will hate you. Ha! I know those questions and worries so well.

If you're looking for evidence-based approaches to sleep training, this book covers them all. The majority are some form of cry it out, but there are also no-cry methods discussed. Great explanation of infant sleep (and older ages), and the possible interventions.

I've heard great things about this book. But the section on my kids ages (3 and 6) is basically two screenshots worth of info that says: put them back to bed when they wake up. I'm actually laughing at how ridiculous this is that I paid for that, lol.

I had the pleasure of working with Dr. Kansagra for several years and he is a brilliant, caring doctor. His book further exemplifies how much he wants to improve the lives of his patients. I love how the book offers suggestions based on the type of parent you are and how long you can tolerate crying from your baby. It's a great bonus that the information is research and evidence based. He makes sleep training (parent training) easy. I highly recommend this book.

As a pediatrician, one of the most common questions I get from my parents is "How do I get my baby/child/teenager to sleep?" There are so many sleep books and theories out there, some of which tell you the exact opposite advice, that it can be hard to know what to do. This book is practical, concise, and a quick read -- all things that are important to sleep-deprived people. It explains what normal sleep patterns are and also helps you understand why our kids are doing what they do. I especially like how there are several different sleep training methods presented so parents can choose what sounds right to them and their style of parenting. Highly recommended.

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