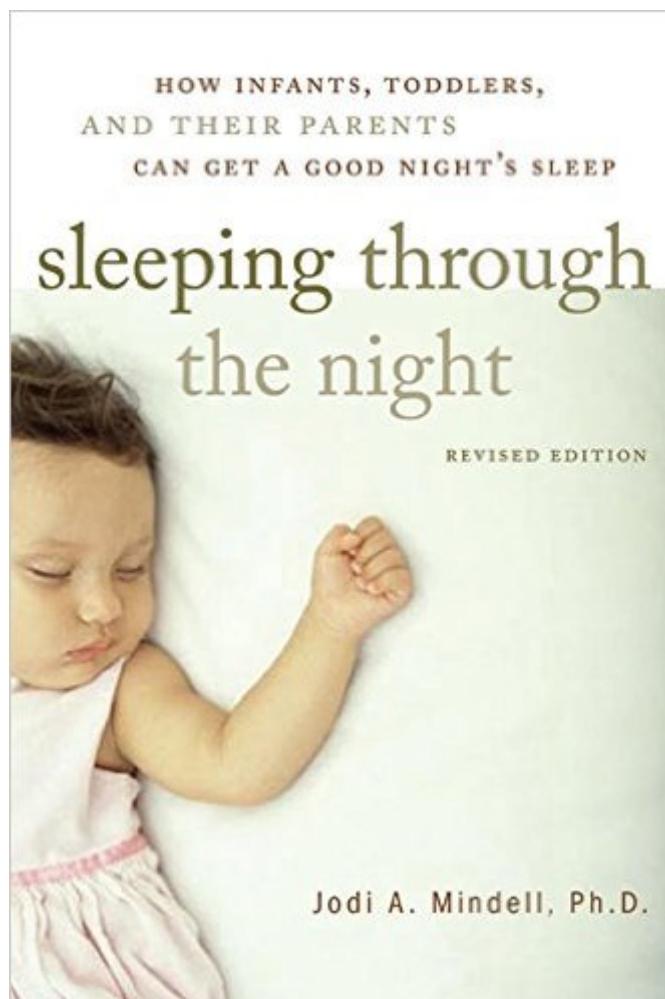


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# Sleeping Through The Night, Revised Edition: How Infants, Toddlers, And Their Parents Can Get A Good Night's Sleep



## 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

We started with "The Baby Book" by Dr. Sears, then tried, "The No-Cry Sleep Solution" and then "The Secrets of the Baby Whisperer." We were really at our wits' end. The major issue wasn't actually that our baby wasn't sleeping through, but that she was having a really hard time napping and she was crying like crazy every bedtime. We were trying not to let her cry but she was totally inconsolable, screaming right in our arms! We would be driving her in desperation to get her to go to sleep and sometimes she would still scream. It was heartbreaking. Finally I got really desperate for a solution to my poor baby's anguish and looked online to see whether anyone in the sleep world was

actually a PSYCHOLOGIST who specialized in sleep. Lo and behold, Jodi Mindell. She is truly an expert. Long story short, my baby now LOVES her crib. If we forget to put her down when it's time, she looks at us and says "Nigh night." She has no more negative associations with sleeping and she's a GREAT sleeper. 12-hour nights, plus usually 2 90-minute naps during the day at 13 months old. It took about 3 nights for bedtime to work (the longest she cried during that time was 20 minutes, which was already less than she cried when we'd tried to hold her or rock her to sleep!) and about 2 weeks or so for naptimes to get in gear. The three hallmarks of Mindell's method are: 1. Reliable scheduling. For about a month our naptimes and bedtimes (and waking times) were literally to-the-minute. It worked. It actually even worked for me. I'm pregnant and I was able to set my own internal clock to take an afternoon nap when my baby does! 2. Routine, routine, routine. Bedtime and naptimes in our house now have an exact routine that is the same every single day.

My disclaimer: This book worked for us - but it wasn't the first we tried - and it wouldn't have been the last if I hadn't figured out which of the recommendations I needed to switch up to make it work for us. Everyone's different - don't let anyone (except your pediatrician) tell you what you choose to do is wrong. It truly is and should be a family decision so that during the roughest moments you have the support you need to hold firm to your plans. 4am is a tough moment to try to be strong - but with a plan, a resource and support it's easier. In the end this too shall pass - how many adults do you know that don't sleep through the night? So I spent the majority of my daughter's first months of life convinced CIO was not in the cards for me. This lead to almost 10 solid months of sleeping with her in a recliner because I was too afraid to sleep with her in our bed because my husband is such a sound sleeper (and he was afraid of having her in bed too). By the end of 10 months I was getting tired because she was more active at night, we were still nursing periodically through the night for minutes or less at a time, and I was realizing I needed to do something else for when we travelled because I sure couldn't fit my recliner on a plane. We started with the Sears Healthy Sleep book - but for many reasons decided that approach didn't fully work with our philosophy or lifestyle. I went looking for a kinder gentler CIO method because I could tell I wasn't having any success at anything else that didn't result in me falling asleep in "our" chair. A parent at daycare recommended this and the more I read it the more it made sense.

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