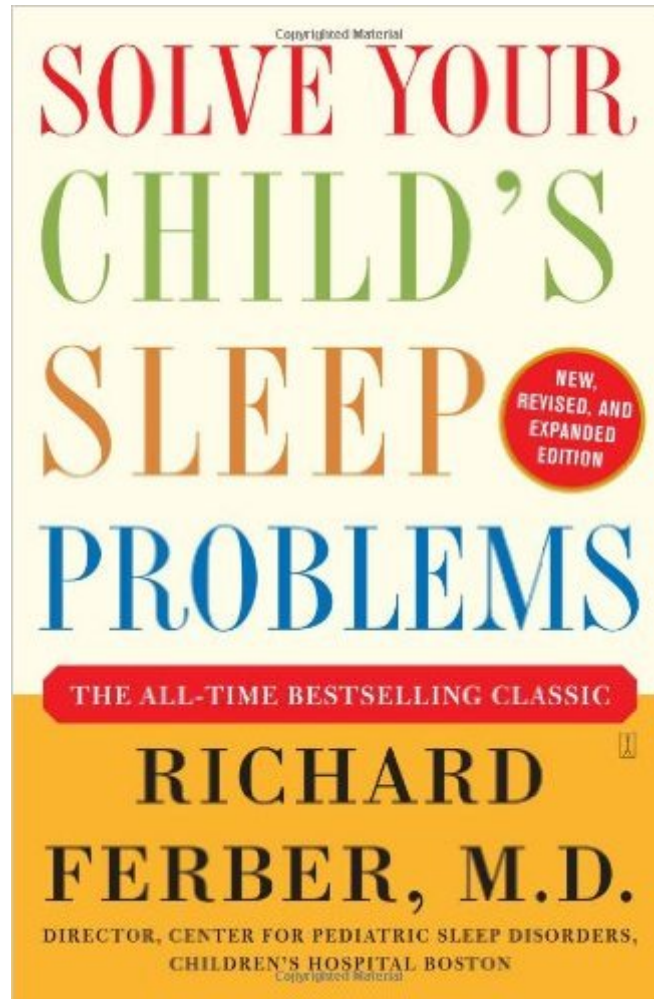


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# Solve Your Child's Sleep Problems: New, Revised, And Expanded Edition



## Synopsis

The completely revised and updated edition of the all-time bestselling book on children's sleep problems, with important new insights and solutions from Dr. Richard Ferber, the nation's leading authority on children's sleep problems. Does your child have difficulty falling asleep? Wake in the middle of the night? Suffer sleep terrors, sleepwalking, or nighttime fears? Have difficulty waking for school or staying awake in class? Snore, wet the bed, or head bang? In the first major revision of his bestselling, groundbreaking classic since it was published, Dr. Richard Ferber, the nation's foremost authority on children's sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day. Incorporating new research, Dr. Ferber provides important basic information that all parents should know regarding the nature of sleep and the development of normal sleep and body rhythms throughout childhood. He discusses the causes of most sleep problems from birth to adolescence and recommends an array of proven solutions for each so that parents can choose the strategy that works best for them. Topics covered in detail include: Bedtime difficulties and nighttime wakings, effective strategies for naps, sleep schedule abnormalities, a balanced look at co-sleeping, new insights into the nature of sleep terrors and sleepwalking, problems in setting limits, and sleep apnea, narcolepsy, bed-wetting, and head banging. *Solve Your Child's Sleep Problems* offers priceless advice and concrete help for a whole new generation of anxious, frustrated, and overtired parents.

## Book Information

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## Customer Reviews

My wife and I tried for a while the ideas presented in the "no-cry sleep solution" without success.

After months of lots of cry and no-sleep problems (both for our son and for ourselves), I decided to read Ferber's book. Because we were concerned about the "cry-it-out" method, I also did some research on what is known in the scientific literature. Here is a summary of my findings:1- there are several published studies showing that cry-it-out (extinction) and graduated extinction methods are effective in solving sleep problems. Almost no controlled and detailed scientific studies support the "no-cry sleep solution" methods.2- there is no hard evidence that letting your child cry-it-out causes long-term problems (unless you're ignoring real medical problems).3- there is evidence that a child's sleep deprivation leads to impaired cognitive development.4- cold-turkey cry-it-out (extinction) requires more maintenance than graduated extinction, the method proposed by Ferber.5- Parents using graduated extinction to solve their child's sleep problems bond with their child more than parents whose child does not sleep through the night (true attachment parenting).The above considerations led my wife and I to try Ferber, since it is in our son's best interest that he sleeps well. I should emphasize that Ferber does not support the "cold turkey" cry-it-out method, where you just let the child to cry to sleep. Instead, he supports the periodic check and reassurance of the child, to let him/her know that you're there for them (graduated extinction).Ferber's book was very easy to read, even for a tired parent. I followed his recommendation, and read the whole book before attempting any treatment.

I never thought I'd say this, but I'm here to say, I think the book 'Solve Your Child's Sleep Problems' (aka Ferber Method, "Cry It Out" Method) is the most misunderstood book out there! Here's my story:JP is my first baby. I thought I would be a 100% "attachment mom". I've read Dr. Sears books and I definitely thought that this was the parenting style for me (and still do in most aspects) I was NEVER going to be one of "those moms" that let their baby cry themselves to sleep. The thought of "crying it out" made me feel so bad - I didn't want MY baby to think I had just abandoned him to sleep alone. So for the first 6 months, I rocked, cuddled and fed JP to sleep (and enjoyed every minute of it!). We definitely formed that strong attachment I was waiting for. This worked great for us both - at first. He was sleeping through the night around 8 weeks and kept it up until around 4 months. Then he started fighting bedtime and was waking very, very frequently. Unfortunately, it wasn't just me he was attached to - he was also attached to his bottle and rocking chair! Nothing we did could get him back to sleep - short of feeding/rocking. Even that only lasted a short time, we were getting up several times a night and everyone in the house was exhausted - baby included. I would love to always rock and cuddle my baby to sleep but it was starting to create problems. :(I was desperate to do anything. I read the No Cry Sleep Solution, Sleep Lady Book, everything I

could get my hands on. All of these things had valid points - they just didn't seem to be working for me! Finally, I broke down and read the Ferber book - Solve your Child's Sleep Problems. Like I said before, I did not set out to be a CIO mom. Not only did I not want to do it, I didn't think it would work!

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