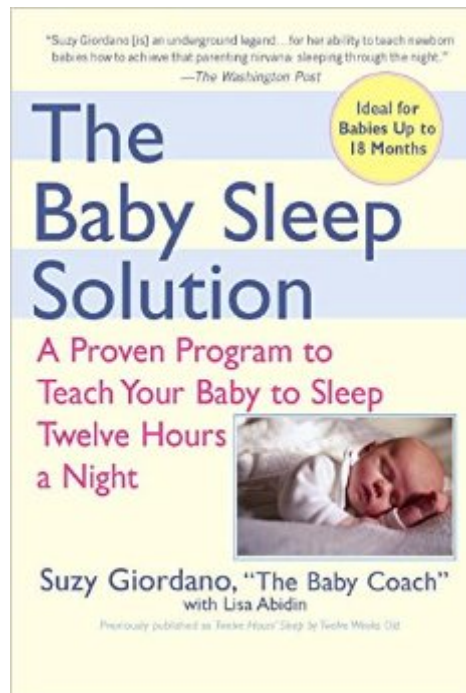


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# The Baby Sleep Solution: A Proven Program To Teach Your Baby To Sleep Twelve Hours ANight



## Synopsis

Suzy Giordano, affectionately known as "The Baby Coach," shares her highly effective sleep-training method in this step-by-step guide to let both baby and parent enjoy long, peaceful nights. Full of common sense and specific tips, the Baby Coach's plan offers time- and family-tested techniques to help any baby up to the age of 18 months who has trouble sleeping through the night. Originally developed for newborn multiples, this sleep-training method worked so well with twins and triplets that families with singletons and older babies began asking Suzy to share her recipe for success, resulting in: regular feeding times; 12 hours' sleep at night; three hours' sleep during the day; peace of mind for parent and baby; and less strain on parents - and their marriage. This edition includes a new chapter on implementing the program with babies up to 18 months.

## Book Information

Paperback: 176 pages

Publisher: TarcherPerigee; 11.5.2006 edition (December 5, 2006)

Language: English

ISBN-10: 0399532919

ISBN-13: 978-0399532917

Product Dimensions: 5.4 x 0.5 x 7.5 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â See all reviews Â (220 customer reviews)

Best Sellers Rank: #9,201 in Books (See Top 100 in Books) #14 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #73 in Â Books > Parenting & Relationships > Parenting > Early Childhood

## Customer Reviews

I went to the library and took out at least seven books about how to get my baby to sleep through the night, and this is by far the best book even though it is written by a layperson...if you take it with a grain of salt. I gave it four stars because of a few but important points that new mothers need to know about before following her plan which the author does not take into account. I also can't help but snort at "not impressed" buyers/readers who only give this book one star. Obviously the person giving this book one star has not read all the other books out there and then actually tried to follow the long and tedious advices found withing hundreds and hundreds of pages...The Pros of this book:1. It asks parents to put their relationship with their spouse/sanity/own need first. Then the babies. This is how a healthy child should be raised. Suzan stresses this point, and yes, it might

offend parents that center their whole life around their child... so be forewarned.<sup>2</sup> It really is a short read, and is to the point. A sleep deprived mom who can't even remember where her left shoe is will be able to read this in one sitting<sup>3</sup>. It outlines a schedule. It also teaches the parent how to get the baby on this or any other schedule that the parent decides to follow.<sup>4</sup> It works! I however feed my baby every 2-3 hours during the day, from 7 am to 7 pm only. The author should have mentioned this adjustment-if needed- and she does not. Why schedule feeding and this book worked for me: My baby was in the 99th percentile for size when he was born and he was so hungry that I was feeding him every hour ( from start to start of the next feeding) ,and each feeding lasted 45 min, meaning that I had 15 minutes off every hour 24 hours a day. I am not kidding. I followed the new age" no schedule, feed any time he wants commonly preached currently practiced by the medical community method of feeding. I then almost drove off the highway with my baby from sleep deprivation. When he was four months old, I finally found this book. After two weeks of feeling like a monster mom, coming into the room every three minutes of him crying, he finally slept through the night. I mean the whole night. 12 hours. The next night he did the same, barely cried for 3 minutes, and fell asleep. He slept 12 hours- again. Now one year later, he still sleeps 12 hours a night .Cons:For super lactators out there ( you are one if using only a hand pump you get more than 6 oz out of ONE breast first thing in the morning). This schedule could potentially work, although feeding a baby only every four hours 4 times a day might not be enough for a very hungry baby. For mine ( because I tried this schedule) it did not work. He got grumpy and mean. But for my friend whose baby puked breast milk up constantly, this schedule actually made the baby stop puking the food up, and gave the baby less gas, cramps, as well as colic. He became a happy baby. My friend by the way is a super lactator. This is why I only gave this book 4 stars - feeding a baby only every four hours will not work for all babies. Also, beware if you are a mom like me who is not a super lactator. Your milk will slow down the second you stop waking up at night and stumbling like a zombie to feed the baby. This is because of hormones - something to do with feeding in the middle of your OWN sleep pattern causes a greater amount of milk to be produced. Also, feeding every two hours super charges the breast milk production of moms like me- who are not super lactators. By the way, I rented a sensitive scale to weigh the baby before and after feedings to see if her theory actually works... and it does- to some degree. If you feed the baby every four hours and the baby is hungry, your milk production adjusts...but by not as much as she mentions in her book. I was able to raise mine from 3 or 2 oz to 5 oz. But I was never able to produce 6 oz during the half hour feedings. My friend however, raised hers from 10 to 12 oz. Please mark this review if you found it helpful :)

Don't worry so much about pumping and measuring. This can work if you're breastfeeding. Trust your baby to tell you when they're full and when they're hungry. The important part is that you start to stretch out the time between feeding to give your child enough time to get hungry and eat a full meal.

I have used this book with all 3 of my children. Two were breastfed, and one was adopted and formula fed. I absolutely love how short it is. As a busy mom it is difficult to find time to sit down to read and digest a 250 page book with size 10 font. I can read through this in a day and set up a plan for my training. We used this with our first child when he was 9 months old. He was waking up multiple time every night and I was exhausted. It was a bit more difficult because he was older and stronger willed, but we were able to get him sleeping 12 hours a night and with a 2 hour nap. He was completely happy and content going to bed, it was absolutely beautiful. It was amazing to get sleep again, so I could be the best mom possible. My second child was adopted and we used bottles and formula. He did well with the steps and was sleeping 12 hours by 12 weeks. He is 2 1/2 and continues to sleep well. We have now used it with our 3rd. I breastfeed and decided not to follow the advice in the book and pump and bottle feed during training. She had a difficult time nursing when she was born and I didn't want to confuse her for this long stretch. I started on the 1st step, getting her to eat every 4 hours. She did very well stretching from 3 hours to 4, and to my surprise she automatically started eliminating her night feedings at 8 weeks old. She has been sleeping through the night for a couple of weeks now. I have to start working on the next step, but the book is continuing it work like a charm with her. Overall, I have been extremely happy with this book and it's suggestions. It doesn't condone crying it out, but it doesn't suggest that you go hush the baby at every peep. It is very practical and doable. I am not a person who does well without sleep, and this book has blessed my life tremendously. It has helped me be the best mom I possibly can, because I am taking care of myself, as well as my children. Also, as human being we need to learn everything we do. Babies are learning so much in such a short time, why not learn how to sleep and eat better? It make senses, and it works!

My daughter never slept. No naps. Tough nights. She was a miserable infant. I read many sleep books with minimal success...until this one. I started right at 3 months and within 10 days my baby was sleeping 12 hours. Her days were better, her nights were silent and now at a 1 1/2 years she is the best sleeper I've ever seen. My second baby just turned 3 months yesterday and slept 12 hours

last night without a peep. This book is brilliant. Two things: 1) you have to have the discipline to follow through, or don't bother. 2) I don't recommend doing this with breastfeeding. I tried, and it didn't work at all. As soon as I switched to formula, it worked like a charm.

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