

"Clear a space on your bookshelf! You'll be consulting this friendly, research-based guide to the blessings of sleep for you and your little ones for many years to come!"

—ADELE FABER, COAUTHOR OF  
HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK

# the happy sleeper



The Science-Backed Guide to Helping Your Baby  
Get a Good Night's Sleep—Newborn to School Age



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Foreword by Daniel J. Siegel, M.D., *New York Times*-bestselling author of  
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# The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep-Newborn to School Age



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Many parents feel pressured to “teach” their babies and young children to sleep, but children don’t need to be trained to sleep, they’re born to sleep. In *The Happy Sleeper*, child sleep experts Heather Turgeon and Julie Wright present parents how to be sensitive and nurturing, but also obvious and structured so that babies and small children develop the self-soothing skills they need to: • Fall asleep individually • Sleep problems arise when parents (with the very best of intentions) over-help or “suffocate” a child’s innate biological ability to sleep well. • Sleep during the night • sleep through the night. • Be built to sleep. • Take healthy naps • Grow into natural, optimal sleep patterns for night and day

*The Content Sleeper* is a research-based guide to helping kids do what comes naturally— Daniel Siegel, writer of *Parenting from the Inside Out* and the brand new York Occasions bestseller *Brainstorm*. *The Happy Sleeper* includes a foreword by neuropsychiatrist and well-known parenting expert Dr.



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Great technique, very effective for all of us; It really is a miracle. This reserve has seriously changed my outlook on sleep training. Here is my synopsis of why this reserve gets 4 stars, not 5. Quit spoiling that baby. Some of the advice in this book didn't work for all of us, and I am relieved I didn't feel like I had to check out it. But general, this reserve made a whole lot of sense if you ask me. This method is logical and allows you to teach your children to sleep and give them the tools they need instead of leaving them to figure it out or you performing everything for them. Within 3 days, she was sleeping during the night. For the first time in a LONG time I slept. I desire we'd experienced it for my old daughter too, who still has night wakings and is nearly 5! But if you ask me, I sensed like my baby would feel scared, like I abandoned her and was hardly ever coming back. Ferberizing seemed like a satisfactory alternative, however the Happy Sleeper makes a compelling case for why that it is harder for your child: you keep her for five/seven/whatever moments and she protests, then you come in and pat and shush her therefore she gets a glimmer of hope that you'll dominate and make everything better, then you leave once again. This book is gentle and caring. Enter the rest wave. Your baby views you there every five minutes and will not feel abandoned, yet does not get baffled (as she will with Ferberizing), because you're telling her she is in charge of teaching herself to sleep. While this is my main topic since I was therefore exhausted on a regular basis, someone at the job mentioned this book if you ask me and I was so desperate that I was attempting everything, so I thought I might as well give it a go since it wasn't going to hurt to try. Except a miracle happened instead. We are a very happy family so far and would recommend this book / method to others! She offers very strong sleep abilities, and I owe that to this book. All my close friends who've done this say it is rather effective and it occurs fast. The next night he visited rest without protest and only woke up once. Ultimately the only method he would drift off was if he was nursed and it was always a 50/50 chance whether he would wake up or not really when I attempted to transfer him into his very own bed. just understand that consistent naps tend to take longer. I really do have a few critiques of the book. First, the 0-4 month chapter (the soothing ladder, I believe they known as it? He was nursing every hour on the hour all night long and I worried about him having the ability to soothe himself. The first few measures on the ladder never ever worked, and I think about most people will have the same experience, unless they have an amazingly chill baby. I browse the book in 2 days and after we took our boy to his 6 month check-up we chose a day to put into action it and we had been confident in sticking to it. Let's simply say I was not getting any kind of good quality rest and I was starting to go a little crazy since I was back again at work full time since he turned 4 months old! Everyone was urging me to draw the plug. It is an excellent read with a whole lot of helpful info and it has an easy to follow system that you could put into place and follow! Helpful Sleep book I am therefore grateful that I bought this book!! This book helps you to save your life! Now, she goes down without any difficulty and sleeps for 11-12 hrs per night time. 5 months old and nursing every 1-2 hours each night. Every evening, I held him just as much as I could. We'd the quietest home. The first night took 30 minutes. After that he got smarter and wiggled his way into our bed. Cannot suggest it more than enough! I couldn't recommend this reserve enough to new parents and to those that can't stomach CIO. Completely Amazing! (Ot dod take in regards to a month of effort though) He went from hating his room and his bed to reaching for his crib once we had completed our nap/night time routine. It had been slowly killing me despite the fact that I adored cuddling him and nursing him back to sleep. What can I say! My 21 pound 6 month old really is the cutest baby! I am so ecstatic that it spent some time working for my family! I just kissed my 15 month old goodnight, put her in her crib, and walked out. furthermore, shaving off one minute every other night time seems just like a great idea to avoid a drop in milk creation, but ultimately if your body is connecting to a pump the majority of the day rather than nursing the baby at night, your milk supply will drop. Help to make him cry it out. First and foremost, the essential lesson to take away from each one of these sleep books is that you as a parent should do what feels best for you, and if allowing your child to cry at almost all is as well painful for you personally, you need to pay attention to that. Simply let him cry until he exhausts himself. They were the things I refused to do. My baby deserves more. I'm extremely anti cry-it-out, but this reserve is not that. Right? Reading this book effects in MIRACLES! This is a temporary stage. My daughter, today 4, went from sleeping inside our bed at 7 a few months to placing herself to settle a matter of days after applying the steps in happy sleeper. WRONG! So, even though she's not feeling abandoned, she's baffled, and you're in fact actively preventing her from self-soothing. It's not about pulling plugs or crying out of control. All it had taken was 15

minutes. The other day we transferred baby to his nursery nearby (probably not suggested but I swear he could smell my milk source). Our pediatrician recommended it. In a matter of a couple times of implementing this technique, my girl became a visibly and palpably happier baby. Baby cried for 15 minutes total. Every five minutes we stated our mantra which produced him cranky that we weren't choosing him up and that was it. One month ago, I did so not believe this is possible. For hours! Right now he wakes up about once a evening for a few mere seconds and is back again to bed before we even understand it. I thought he'd starve to loss of life skipping all his night time feedings. Nope! Full-blown CIO means your child is alone for a long stretch of period until she stops crying and is forced to understand to drift off independently. Uninterrupted all night and hours. Before, she would fall asleep nursing, and stay static in my arms on her behalf whole nap, twice a day time. My baby was not as stubborn needlessly to say and he would go to bed and all his naps without crying. still not really a miracle This book worked wonders for our very challenging sleeper. I tried to wean my baby of night time feedings but he needed way more I decided enough was enough. Brain blown! Your soft caring strategy made me feel this is the right matter for us. No one who has seen what I used to undergo believes this baby is normally a big boy today. Sleeping for a solid 9 hours. We will work towards 11 hours but I had to say thank you! My baby was 6 months old and had not been a good sleeper since we brought him home This book works! It was a life saver for me personally! My baby was 6 months old and had not been a good sleeper since we brought him home. I don't believe this has anything regarding the book; Then it surely got to the point where I could by no means transfer him any more because every time I did he woke up screaming.! While your baby may not need the calorie consumption in the middle of the night, you and your baby might want the connection; I understand in my case the first two or three nights were torturous, nonetheless it was clear to me that my baby was not scared, just MAD. Second, if you are a nursing mother who works outside of the home, I'd browse the section about night time weaning with healthy skepticism. The first evening was a little rough, but it truthfully wasn't as bad as I thought it was going to be. My boy was sleeping in his own crib and in his personal area! I was so thrilled that I didn't understand how to proceed with all my extra time except sleep myself in my bed! The next night my boy slept 6. (This awaken time varies between 7-9) I would suggest this reserve to everyone who includes a child and requirements sleep!! Finally, I came across the sections on dropping naps to end up being unhelpful and underdeveloped. Then came the dreaded terms. Buy this publication, be confident, and stay with it! Your baby is a very much happier sleeper and so will you!! Right? Since then she's an incredible sleeper—12 hours a night and goes to bed happy. This is actually the perfect system to sleep train your little one.) is pretty unrealistic. The instant the baby stirred I would leap up and nurse him back again to sleep. I do want to remember that, at least for us, the baby learned the sleep skills she necessary for nighttime sleep very quickly, but solid napping didn't happen for a couple months. I have now gifted this book to everyone I know who includes a baby and have been recognized to recommend it to random people I overhear talking about their sleeps woes. I strongly believe this not merely helps infants become independent sleepers, but I also attribute my daughters healthful sleep as a 4 year outdated to the practices the content sleeper helped us create when she was small. I swore I would never allow any such thing to occur. Lol! I spent many many nights with him sleeping on me in his rocking chair where I nursed him. Wonderful, well balanced, and effective method! My son is 13 weeks outdated and we started this technique a week and a half back. I still nurse my child 1-2 times at night but he will decrease between 7-7:30pm and won't wake up the very next day until about 8am. With great naps and earlier bedtimes we are able to rule the globe! A few nights later on he was only waking up once during the night and sleeping longer each night. Lots of rocking, and ninja skills to get her in to the crib without waking her up. 5 hours straight! Various other reviewers criticize it as cry-it-out ("CIO") in disguise, but here's why I highly disagree.! Babe was sleeping in 15 minutes (! Lifestyle changing! Had to create this review now because we just effectively sleep trained our 6 months old child using the same method. We were performing everything wrong and had developed negative traits but after reading the book (as fast as we're able to!) we transformed everything and are living happily ever after. 5 hours straight and only woke up twice that night. Sleep ladder is effective Using the rest ladder helped with our 4 month previous. We did change and it still proved helpful. Also found gradual extinction worked well. He was so great during the day. Sleep Teaching. She didn't make an individual sound. After quarter-hour he was sleeping. Bedtime make use of to consider us over two hours and I dreaded it every evening. As of yesterday evening he

slept during the night completely - 11. She'd rest for three hours and wake up screaming. This would happen 3-5x per night until I was therefore tired that I'd just provide her to bed with me. My baby was 6. I'd examine other books and tried a great many other techniques, but the sleep wave may be the only one that has proved helpful. I could experience sleep deprivation. CIO--whether departing your child to cry for one hour without looking into her, or ferberizing (patting and soothing after consistent time increments)--risks leaving your child scared or confused. Within a week, she wasn't needing any check-ins. And within 3 weeks, she was telling me "nigh nigh" and reaching on her behalf crib, falling asleep with out a peep. It provides helped with naps tremendously, aswell.Many thanks Happy Sleeper. Today, she naps in her crib, heading down very easily and sleeping for 1-2 hrs, twice a day. Already making a huge difference! We are only 3 nights/days into the wave method, and it has already made such a difference for our 4 month old son. He is putting himself to sleep for bedtime and naps and sleeping in a lot longer stretches (last night, he slept 10 hours right / 12 hours total)! Today she's 16 months older, and although she's super mounted on me and cries when I leave for work, she sleeps through the night consistently and always is very happy when I put her in her crib. Excellent and lifestyle saving! Amazing success! I purchased this publication on the guidance of a pal after using the extinction method and not being able to handle the agony it caused the infant and myself. Lo and behold, there is a way to really get your baby to sleep that will not involve torture!! Went from nursing every hour to sleeping during the night in 2 days This book was a casino game changer for both of my children. However, it's not a miracle. It provides you come up with a systematic and predictable "sleep wave" that your baby after that associates with bedtime. Subsequently, you check in on the baby every 5 minutes (instead of at progressively much longer intervals a la Ferber or not at all a la Weissbluth) to prevent the advancement of hysterical crying. I really like this method! The first night was pretty problematic for all of us, nonetheless it was amazing how quickly from then on our little guy could start self-soothing.) and with CIO/extinction he cried for over an hour. Then he found a method to drift off with me on my part nursing him as he refused to i want to put him in his crib or on our bed unless he was clinging if you ask me. I had a really hard time navigating the 3- to 2-nap transition, and also the 2- to 1-nap changeover, and was disappointed to find this publication had little tips. We got our iPhone timers prepared and got out the Kleenex. My son had been sleeping during the night up until he was about 6 or 7 months, then he started teething and hitting different milestones that made him more mobile (aka we couldn't swaddle him) and he started waking up multiple moments a night time. After a couple weeks of trying different things (and mainly blaming teething discomfort) we read this reserve and he sleeps during the night almost every night now! Giggling and never crying. And today that he's sleeping better he's so notably happier. Therefore am I!



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