


..... *The*

Newborn Sleep Book



A Full Night's
Sleep in the
First Month—
or Even Weeks—
of Life

A Simple, Proven Method for Training
Your New Baby to Sleep Through the Night

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Dr. Lewis Jassey and
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Dr. Lewis Jassey and

The Newborn Sleep Book: A Simple, Proven Method for Training Your New Baby to Sleep Through the Night



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Developed and refined simply by two effective pediatricians, the "Jassey Way" boasts greater than a 90% success rate of getting kids to sleep during the night in their first four weeks of life. A safe and proved technique, the Jassey Method runs on the feeding schedule that allows newborns (and their parents) a complete night's sleep at a younger age group than other sleep teaching techniques.



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Best book! Loved this book! We started at about 3 weeks and went at our own pace . Cannot recommend this more than enough! Love this book Love this book. As a new mom I needed my baby to sleep through the night as quickly as possible but disagreed with the cry it out type methods of sleep training.!!!. Anything that deals with sleep teaching a baby will get ALOT OF HATE. It promotes a healthier way of living for baby and parent.. Gave as a present-day and it was amazing! It had been hard work-but slowly, it worked. Parents appear to hate on anything they didn't perform or won't do with their own baby, whether it's safe and healthful or not. Way too many parents hear a crying baby, assume he/she is hungry and feeds. That establishes a routine that the baby can cry and eat that will result in interrupted sleep each night. This book/method is really not supportive of breastfeeding . In the event that you read the reserve you will learn the methods for accomplishing this is a safe, gradual way. Don't Bother SCANNING THIS I find it irresponsible and reprehensible that doctors would write a book such as this. Once my milk arrived in fully, rather than feeding him correct when he cried, I required the guidance of the Jasey Method and comforted him without meals for a couple minutes. Night after night time my child began sleeping longer as he understood I'd not feed him immediately upon waking up. My milk source stayed full when he was eating throughout the day and modified never to need as much at night time. My son is now 6 months previous and thriving! He eats and sleeps like a champ and is certainly such a content baby from becoming well rested! I recommend this reserve to any parent/caregiver searching for a safe and intensely effective supply of your child to sleep.!. It is really worth reading this publication and offering it a try. However, based on reading the publication o give it 5 stars because I love how simple the publication is.. There is a lot of helpful info in the book it doesn't revolve around sleep training. Your tips violates the basic laws and regulations of biology. I have already been informed both by my child and my grand daughter that this book is a Godsend. So, based on the reserve itself I definitely recommend it to all or any parents! This is boutique parenting advice for unrealistic parents who seek a doctor's blessing to disregard their children. I heard about this publication and figured I'd give . A must browse for every parent! I'm a doctor and avoid being As a physician, I am appalled that you'll claim that it's ok to place a parental desire for sleep ahead of an infant's have to feed, wake, be comforted and be near their parents. I heard about this publication and figured I would give it a go. Whoever has written negative testimonials didn't READ the book. Under no circumstances did I feel that they were requesting me to starve or allow my son cry it out. It proved helpful for my boy within 2 weeks and he is still in the 95th percentile. My child is goig to be 3 mos weighs a hearty 16 lbs (clearly not starving) is well-adjusted happy and thriving I can't compliment this method enough . based on reading the book o give it 5 stars since I love how basic the book is I will start by saying I've not however tried the technique. Helped me with both my babies (now 2 and 6 months old) and experienced them sleeping during the night at 4-6 weeks old and have stayed happy, healthy and great sleeping children. By 7 weeks my baby was sleeping through the night ... For everyone claiming it starves baby they didn't read the book ... If baby takes in enough nutrients during the day they can make it through the night . My kid is only goig to be 3 mos weighs a hearty 16 lbs (clearly not really starving) is well-adjusted happy and thriving. I browse it cover to cover. Your suggestions puts the prospect of increased sleep prior to the increased risk of SIDS when baby is away from you. They have both browse the Newborn Sleep Book and so are beginning to utilize the technique since it is told see if it works because of this baby. All indications are that it's easy to make use of and you will be of great value. Yuck. Would recommend this Yuck. My child was sleeping through the night (11-12 hours) at 2-3 months older and was eating enough during the day never to just

sustain him.. Parents adopted the doctors instructions and it had been fantastic! Four Stars Very helpful Would recommend Wanted to be able to see what I possibly could do to help my child rest all night. Each stretch was an purchase in future sleep. Infants are supposed to wake during the night!. Don't judge until you try it because I guarantee you will be surprised at how well it works. Happy parenting! You go directly against the AAP's tips for sleep..! No matter how you do it or what it entails. The Jassey Method explains how exactly to accustom your baby to a routine where he/she is usually comforted at night time and never remaining to cry it out, while at exactly the same time steadily delaying the night feeding by a couple of minutes each night. This is not medical advice.! She almost always does 7,11,3,7,11. Whether the method functions for my baby or not. Fingers crossed it does! You can just right to the actual technique and start right away and browse the rest as you desire. Hope it works! 9 months pregnant and going to give this a go! Seems logical and basic with consistency. I am hoping it works. It was hard work-but slowly, it worked. Can't say enough awful reasons for having this book Can't say enough bad things about this publication. To all or any the skeptics out there, you need to know that there are many ways of parenting and all parents are simply trying their best. I also want to say I read the one star reviews before buying but still made a decision to buy and I'll tell you why. Although some of the critics of the book claim that babies should be getting up every 2-3 hours to feed, Personally i think that a healthy baby is one which sleeps well and eats well. Our 3 month older preemie (we didn't start this plan till she reached her due date and then 9lb), started to sleep through.! It was a big dedication for all of us and involved plenty of singing and rocking and comforting to stretch out the feeds, nonetheless it worked. This publication/method is really not supportive of breastfeeding or responding to your brand new baby. Many thanks Drs.! Our . The Newborn Sleep Book: A Godsend Although I have no personal information to talk about since I purchased this publication for my grand daughter who just gave birth to our first great grandchild. Acquired uneasy feelings the complete time I read. Simply awful. Going straight in the trash. When I began following the tips of The Newborn Rest Reserve I was breastfeeding and my boy was waking up every 1-3 hours to feed.



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