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"Suzy Giordano [is] an underground legend...for her ability to teach newborn babies how to achieve that parenting nirvana: sleeping through the night."

—THE WASHINGTON POST

Ideal for  
Babies Up to  
18 Months

# The Baby Sleep Solution

**A Proven Program to  
Teach Your Baby  
to Sleep Twelve  
Hours a Night**



**Suzy Giordano, "The Baby Coach"**  
with Lisa Abidin

*Expanded edition of Twelve Hours' Sleep by Twelve Weeks Old*

Suzy Giordano

## The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve Hours a Night



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Suzy Giordano, affectionately known as "THE INFANT Coach," shares her impressive 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 infant Coach's plan offers period- and family-tested techniques to help any baby up to age 1 . 5 years who has sleep problems through the night. peace of mind for parent and baby; and much less strain on parents - and their relationship. three hours' sleep throughout the day;Originally developed for newborn multiples, this sleep-training method did wonders with twins and triplets that families with singletons and older babies began asking Suzy to share her recipe for success, leading to: regular feeding times; 12 hours' sleep during the night; This edition carries a brand-new chapter on implementing this program with babies up to 1 . 5 years.



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A COMPLETE REVIEW I went to the library and took out at least seven books about how to get my baby to rest through the night, and this is by significantly the best book even though it is compiled by a layperson.. After all the whole night.if you take it with a grain of salt. and it will- to some extent. The next night time he did the same, barely cried for 3 minutes, and fell asleep.... Don't quit, it functions!4. Then your babies. This is one way a healthy child should be elevated. Suzan stresses this point, and yes, it might offend parents that middle their whole life around their child... therefore become forewarned.2. This course of action did seem to go against my motherly instincts most of the time so when I consulted a lactation professional, it definitely went against her suggestions aswell. A sleep deprived mom who can't actually remember where her still left shoe is can read this in a single sitting3. Highly recommend this book! In addition, it teaches the parent how to get the baby on this or any additional schedule that the mother or father decides to follow. It asks parents to place their romantic relationship with their spouse/sanity/own need first. The author should have stated this adjustment-if required- and she does not. In 14 days our little one is a sleep immediately after we place her to bed. It functions!Why schedule feeding and this publication worked for me personally: My baby was in the 99th percentile for size when he was created and he was so hungry that we was feeding him every hour ( from begin to start of the next feeding) ,and each feeding lasted 45 min, and therefore I had 15 minutes away every hour 24 hours a day. They will be 2 soon! I followed the brand new age" no timetable, feed any time he wants frequently preached currently practiced by the medical community method of feeding. I then almost drove off the highway with my baby from rest deprivation. When he was four weeks old, I finally found this book. After two weeks of feeling like a monster mom, coming into the area every three minutes of him crying, he finally slept during the night.. 12 hours. I also can't help but snort at " not impressed " customers/readers who only give this reserve one celebrity. He slept 12 hours- again. Now one year afterwards, he still sleeps 12 hours a night time . buy this right now Amazing book seriously prevent stalking all the reviews anxious (like I did) and just buy. This schedule could potentially work, although feeding a baby only every four hours 4 times a day is probably not enough for an extremely starving baby. I . My baby is three months old and simply can't go 4 hours. with a ocean of varying opinions from every loudmouth on the web it's difficult to know what is the easiest way for our baby to get some rest. He became a content baby. My friend by the methods is a super lactator. Very Helpful/Informative This book was an extremely quick and easy read. We are still working on it, but the bottle and the pacifier are still strange objects that she'll play with in her mouth area, however, not latch on to. LIFE SAVER FOR Mother OF TWINS! The reason being of hormones - something regarding feeding between your OWN sleep pattern causes a greater amount of milk to become produced. LIFE SAVER FOR MOM OF TWINS!Incidentally, I rented a sensitive scale to weigh the baby before and after feedings to observe if her theory really works... I gave it four superstars due to a few but essential points that new mothers need to know about before pursuing her plan that your author does not take into account. We have been trying some of the recommendations in this book, specifically the putting to bed.. I believe it's really hard to check out a book like this at any rate.but by less than she mentions in her publication. I was able to gain a lot of helpful information, quickly in that time of need. But I was never able to create 6 oz through the half hour feedings. My friend nevertheless, raised hers from 10 to 12 oz.Please mark this review if you found it helpful :) yes this works for breastfed babies. simply no its not really a must to have them cry it out.Cons:For super lactators out there ( you are a single if only using a hand pump you get a lot more than 6 oz out of 1 breast first thing in the morning). I was a zombie but I adopted this exactly and the

twins sleep 7pm-7am every evening ever since I started.! They've cried for longer than a min when ur changing there diaper right? The only thing we do different is normally we still feed every 3 hours throughout the day. Lifesaver people r in awe when I tell them how long she sleeps every evening just don't give up it legit requires about 4 constant weeks to really see amazing outcomes. I was so exhausted as I've another toddler as well.. I quickly discovered this the hard method.. This approach not merely made sense if you ask me as a breast feeding mother, but it worked. My baby met all the requirements by 4 weeks but I didn't really begin until 6 weeks. Same difference like I stated I'm a softy and this technique worked for me without letting her sit down n the crib and cry. Her cry it out method is usually optional and it can function if u choose never to use that. Might take a lil little bit longer but it will continue to work. Your milk will decelerate the next you stop waking up during the night and stumbling just like a zombie to feed the baby. Consulting a sleep expert took all that aside.I Used this when my twins were nearly 5 months outdated. For mine ( because I tried this schedule) it didn't work.. The first couple of days were just a little rough and I wanted to give up, but we stuck with it and my daughter was sleeping through the night within a week and a half. Also, feeding every two hours very charges the breasts milk production of mothers like me- who aren't super lactators.! This program is going great so far!! Slept 11 hours on Time one! We place her in the crib awake every evening and for naps and she puts herself to sleep. I started implementing a few of the healthy sleeping tips at 3. I am not kidding. Greatest for Bottle Fed Babies Many exclusively breastfed infants will not have a bottle before 4 months old, that was the case for us.Also, beware if you are a mom like me who is not really a super lactator. The program really requires you in order to measure the milk you are offering your baby to be able to slowly diminish night time feedings and to ensure that your baby is getting the 24 ounces she/he needs during the day. We finished up ditching this course of action and consulting a sleep expert who explained that it is better to feed more often during the day so the baby gets more calories throughout the day and can therefore eventually need much less at night. I found it incredibly stressful and upsetting to need to distract my hungry baby from eating for also the shortest of stretches. No tearsI was usually a wimp and didn't enable her to cry longer than 2mins nevertheless I saw my greatest results when I did simply allow her cry for all those two minutes and allow her to put herself to sleep. It really is a short read, and can be to the idea. Also, spreading your feedings out to every four hours will diminish your milk source unless you pump in between. If your baby doesn't take a bottle yet, this is difficult and you may find yourself worrying that you are not giving your son or daughter plenty of, as I did so. Now this is practical to me! We have been functioning with person for less than a week and already my daughter provides dropped a night feed and is going to sleep on her behalf own at night without crying.For those that are against the cry it out method like myself seriously it's not that deep just pick your child up after a min.. Maybe I'm even more insecure than most parents, but I found myself second guessing decisions and questioning if I was being too harsh.! Some people hire a doula to help them give birth, which gets you through the difficult hours of birth. I say hire a sleep consultant rather because she will assist you to transform the difficult weeks, weeks, and years ahead into restful nights for you and your baby. And there is nothing sweeter than seeing that well rested smile of a content baby each morning. For this reason I only gave this book 4 superstars - feeding a baby just every four hours will not work for all babies. I could raise mine from 3 or 2 oz to 5 oz. I began to see the adjustments in my own baby's sleep habits very quickly when implementing a few of the methods outlined in the book.The Pros of this book:1.5 weeks.!. We didn't start until 6 months so I was worried we had been too late, nonetheless it worked ideal for us. It worked for

us! If you feed the infant every four hours and the baby is starving, your milk production adjusts. I nevertheless feed my baby every 2-3 hours during the day, from 7 am to 7 pm only. I have been previously performing "baby smart" training with really varying results. Obviously the person giving this publication one star hasn't read all the other books out there and actually tried to check out the long and tedious advices found withing hundreds and a huge selection of pages. there are some situations where she wakes up but we are down to 5 mins from 60 mins. Good luck I'll recommend this reserve to All my friendsLastly Yes this works for breastfed babies yet, in the beginning (initial 2 weeks) u will need to pump to measure the milk once ur boobs alter today I breastfeed her at every feeding.. It is short, i browse the essentials in 45 mins. Would recommend it! It didn't function for me It didn't function for me Don't be sleep deprived! This plan works! Our daughter provides slept 11-12 hours a evening since she was 8 weeks old. We followed the essential guidelines starting around 4 weeks. We woke her every 2-3 hours to feed during the day and let her wake up on her own during the night. By the tine she was 8 weeks old and "ready" for baby boot camp per the books criteria, it was a breeze! She actually is right now 10 weeks and sleeps from 730pm to 715am. He got grumpy and imply. But she's still sleeping 11-12 hours a night so that it doesn't matter! It outlines a schedule. I have bought extra copies for my pregnant or expecting close friends! It's okay I actually was recommended this reserve by another mom. Didn't realize it mostly suits formula/bottle fed babies. Doesn't really appear to work with my baby and our current needs. It absolutely functions and saved my life! Great fast read. Night one he slept 11 hours!! She's sleeping during the night. This is not a short book. This publication is a way of life. Oz fly off the shelves browse it per day kind of book. It's not one particular dr. But for my friend whose baby puked breast milk up continuously, this schedule in fact made the infant stop puking the meals up, and provided the infant less gas, cramps, and also colic. This physician, and I can't stress that plenty of, figured it out for us.



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