

**The Complete Baby Sleep Guide**  
for Modern Parents

**PRECIOUS**

**LITTLE**

**SLEEP**



**ALEXIS DUBIEF**

Alexis Dubief

## Precious Little Sleep: The Complete Baby Sleep Guide for Modern Parents



[continue reading](#)

The Expert, Hilarious, and Tactically Comprehensive Baby Rest Book! Sleep professional Alexis Dubief, of the wildly well-known website Precious Small Sleep, imparts effective, accessible, and flexible strategies predicated on years of study that may dramatically improve your child's sleep, detailing 7 methods to teach your child to sleep to be able to find what works best for your family This book will help you tackle the thorniest sleep snags, including: Navigating the tricky newborn phase such as a pro Getting your child to truly sleep through the night Weaning off the forever buffet Mastering the precarious tango that is healthy napping Solving toddler and preschooler rest struggles If you're searching for practical solutions to improve your kid's sleep in a book that won't put you to sleep, this is for you personally! Parenting a baby or toddler may be the grandest adventure of all when you're not miserably exhausted.



[continue reading](#)

seriously the just baby book you will need For the first 5 a few months of my sons life I was slowly withering away, literally.. And amid all that my back again was in crippling pain. I kept enduring it, telling myself it was regular, telling myself I should be nursing night and day, that waking up all night very long was something I will just get used to, till finally my husband convinced me to visit the doctor. She ordered tests and an MRI. My bones experienced broken with daily activity because these were so poor. The tech believed I had been in a vehicle accident but I hadn't! This book is indeed comprehensive and offers so many tips and tricks and methods for getting your child to sleep. That scan revealed 3 compression fractures on my backbone and 3 cracked ribs. I had a need to heal. I had a need to sleep. No many thanks exactly the help we necessary for 15 month old sleep we were desperate after our perfect sleeper went through some sleep regressions/sickness/travelling and became reliant on us for sleep. I devoured it! Alexis's voice was a lifestyle raft! I finally felt like I could get the rest I needed, not need to feel just like I was a bad mom and teach my child a lifelong precious skill. I've gotten a lot of fun from co-sleeping, and lots of great nights co-sleeping with baby #1. I had done something best! The ppd voice inside my head that was telling me I couldn't swing this entire motherhood thing drifted apart. And most of us slept! My son thrived! I started improving and proudly continued to peach that I got used SLIP and it was the very best parenting decision I've ever made. So many thanks Precious Little Sleep Family. Unlike basically almost every other sleep book I've ever browse, she never says that if her strategies don't function, you are doing something wrong or not really trying hard enough. So a bone density test revealed I had rare pregnancy and lactation induction osteoporosis in my own backbone and pre osteoporosis in my hips. It's real life advice and goes over literally every issue I've ever had about how to get a baby to rest. The ideal balance of science, practical assistance, and humor to learn while sleep deprived. Breath of fresh air and tremendously helpful I have read almost every sleep reserve out there, because my child had trouble sleeping for an extremely long time as a baby and toddler. I just acquired another baby and read this publication cover to cover in the last week or so, in fact it is a huge breath of fresh air. Her type of writing is apparent, i'm all over this, and humorous. Alexis provides wide range of ideas for a wide range of complications and parental techniques. You saved this mom! I learned a ton and the assistance worked for us. instead, she gives factors that things may not be going the way that you would like. She has a solid knowledge of infant and child development, the study about sleep, and the practicalities to be a parent. The best baby sleep book I've read Contrarily to other books compiled by authors who are considered THE reference in various baby sleep methods, this one proposes not just one but several ways to achieve better sleep, with the bonus of an excellent sense of humour Inconsistent guidance delivered annoyingly. I have and will continue steadily to recommend this reserve to all or any of my parent friends, because let's encounter it, most of us struggle with rest at some time! Grateful for the humor and get-right-to-it approach. Informative, Empowering, Results Oriented I'm a breastfeeding, babywearing, co-sleeping mother who wanted baby #2 to become an unbiased sleeper. I would have to be able to more effortlessly manage my entire life as a parent of 2 and consider better care of myself sleep-wise. Sleep Training wasn't easy but when it began to work my confidence as a mother bloomed. But there were lots of bad night time also, especially when baby #1 was a toddler, and our inability to manage her sleep patterns became a way to obtain stress that affected various areas of my family's lifestyle in a manner that felt unwanted to repeat. i am very happy with it and highly recommend. Of all the sleep resources out presently there, this one resonated with me most because the advice is based on thorough evaluations of the data on what works most easily and what is safe. General, I felt it was empowering for me to become guided by a really smart mother in doing something very difficult that might be super useful for my very own self-treatment and well-being.). Previously, I had thought that getting independent rest was about setting up a bedtime routine and tolerating crying until baby got used to just falling asleep without another person assisting. But there is so much more to it - more than any doctor, mom of an independent sleeper, relative or other sleep

source had ever distributed to me. Achieving independent rest following the advice in this publication gives you a system of equipment that breaks things into manageable parts. This produced me feel just like I was establishing my baby to accomplish something difficult with the comforts and supports that are available (e.g., being actually tired, being really relaxed, having non-mother/boob sleep associations, just dealing with bedtime initial and dealing with night wakings and night time weaning as a completely separate thing.. After a relatively traumatic c-section, a bloodstream transfusion, thrush, poor latch, trying to control his dairy allergy by an elimination diet plan, and getting up every 90 a few minutes my postpartum depression and stress and anxiety was becoming overwhelming. I learned a ton. Also, the writer is a relatable mother so she knows how hard it could be to split up from baby, and also the kind of information parents need in the current information overload moments.. purchased a number of different books but this is the winner--wish I acquired it previously in her existence and could have maybe tackled items then, but either way this is such an excellent resource for parents of infants/toddlers. Given that my 12 month old falls easily, sleeps forever, and wakes up happy, I feel like a happier person, I reach go to plenty of yoga exercises classes and my professional work is normally flourishing. I also get special time with my big female after baby goes to bed + I obtain spouse time and me period. I can't say plenty of about how good those things are for my and my family members' well-getting. My baby is happy, adorable and thriving.. Yay! I do desire that the reserve was a little easier to navigate. I found myself wishing that I acquired some sort of guidebook or map to greatly help me jump to different sections. Something that would be predicated on particular topics of interest, baby's age, or parents' "readiness". But that's my only critique. This publication and its associated resources were precisely what I needed to get the outcomes I wanted. This has been an extremely empowering reference for me. Sleep Guru assistance that you understand My baby wasn't sleeping. So common, except after reading Alexis' blog, I learned the various tools and tricks to greatly help my baby go to sleep independently, fall back asleep independently and take longer naps. She's almost 3 and sleeps wonderfully. We followed most of the newborn guidance for my youngest and got through a lot of the early baby issues with way less problems than my first. I want I had, got this reserve when my first son was a baby. It's like having a rest guru as a friend. surprise surprise). Wonderful! This is a no-nonsense, practical guide so you can get sleep baby, siblings, and parents. I am so grateful because of this resource! Alexis knows what she's talking about and this publication is so easy to read and implement! She is also really energetic on the related Facebook group and frequently gives personal tips to people fighting issues. There's some good info in this reserve however the author tries way, Much too hard to be funny. She also cherrypicks which AAP rest recommendations to follow, that makes it hard to trust her suggestions. its super easy to read, clear, and basically has guidelines for different sleep methods. I feel awesome and much more like a zen mother now that I am sleeping :). It's kind of all the things you've ever googled about baby rest in a single place wth all of the reliable study attached told by a mom in a funny way Cry it out We was bummed to discover that this is basically another "cry it out" book. This is a must have for just about any parent. Great information Still reading but is very knowledgeable Very useful and insightful This book has so many great sleep tips and suggestions. It is evidence-structured, funny, and tremendously useful. My husband also enjoyed this book and we learned a lot about baby sleep. I've gotten through the reserve in 2 days - just how she writes is so relatable and understanding. Useful. Funny.. There is usually nothing valuable about hearing your tiny baby screaming. I found the Facebook group to be just as bad with mothers coming together to speak about their babies crying it out all night. My friend (luckily) had already had high compliment for the blog Troublesome Tots therefore i found myself at the Precious Small Sleep website. I 100% believe that there was no chance I could have attained independent sleep without the type of information, guidance and hand holding supplied by the book, your blog, the podcast, the writer herself, and the very professional admins of the Facebook page. In case you are breastfeeding I much choose the No Cry Sleep Answer for Newborns (which Dubief mocks in this book. Since my husband and I

are not individuals who have the organic mindset or nerves to implement what it takes to achieve independent baby sleep on our own (since it just about has to involve crying), this publication is what we used.



[continue reading](#)

download Precious Little Sleep: The Complete Baby Sleep Guide for Modern Parents epub

download free Precious Little Sleep: The Complete Baby Sleep Guide for Modern Parents e-book

[download The Dog Who Saved Pleasantville: A "Tail" Of Lifestyle Choices for Kids and Their Parents mobi](#)

[download free 27 Close Calls: Real Crimes. Real Women. Real Solutions. djvu](#)

[download free N of 1: One Man's Harvard-Documented Remission of Incurable Cancer Using Only Natural Methods ebook](#)