



Good Night, Sleep Tight

THE SLEEP LADY'S
GENTLE GUIDE TO HELPING
YOUR CHILD GO TO SLEEP, STAY
ASLEEP, AND WAKE UP HAPPY

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Her amazing success with getting children to rest has led her customers to dub her The Sleep Lady. Kim West has worked one-on-one with a large number of people in more than ten years of private practice. Good Night, Rest Tight outlines Kim's Dr. Kim has made an appearance on "s proven two-week technique in easy-to-follow vocabulary, featuring case research that provide readers real-life examples of the sleep roadblocks children often encounter-and the tools to overcome them. present, " the "Today" Phil,"NBC Nightly Information," CNN and "HELLO America."



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I would most surely recommend it to additional parents that need rest help, and I desire I'd read it before my girl was born, but I honestly couldn't believe that far ahead! I was able to sit best next to him, pick him up to ease and comfort him, speak to him and pat him if he needed it. And took 30-45 minute (or less) naps. Now here's the deal- the book is merely okay. Every night. I understand that sounds dramatic, therefore I want to explain a little bit. For roughly six . 5 months. The only way I knew how to get him to visit sleep was by nursing him until he exceeded out, and even I quickly never knew how long he'd last once I laid him in his crib. And since nursing was the thing that place him to rest, I was the only one who could do it. I have never been therefore exhausted in all of my existence, not even as a complete time college student working four jobs. When my child turned 5 months older, I knew I acquired to accomplish something, ANYTHING to understand this boy to rest. Within another week he trim night feeds totally ?? We now have a 10 month older boy who goes to bed at 6:30 and wakes at 6 am. but actually the meat of the rest lady's plan can be found for free on-line and through her amazing YouTube Q+A movies. I love that she's it divided by age, so you don't possess to browse the entire book. You can simply flip to the sections that pertain for you. Exhausted moms fighting comprehension, much less finding the period to read, this is for you! We just acquired one rough night time. Second, the Shuffle was super effective super quick for us. Not so gentle Perhaps it's "gentle" compared to full CIO however the "facts" she states approximately sleep, family bed, "rest associations," etc. My boy cried like I acquired never heard him cry before. BUT! This book changed my life. The second night time was better. The third night he was down in a quarter-hour with no crying, simply fussing. And he woke up—wait around for it—ONCE!! He also now sleeps forever! Also, with any sleep training method you wind up having to retrain any moment something happens in the child's life, just like a vacation or a move or a switch of schools, etc. He also was down to 2 feedings all by himself. And I was doubting the whole time if it could happen. Granted, evening four he learned how exactly to stand and cruise around in his crib, in order that made things a bit more challenging. And I'm also extremely skeptical about reading books to fix parenting problems. And he most likely could feel the evening with just one single waking, but I'm pleased and haven't pushed him to drop the second feeding. ?Ladies, and gentlemen if you're reading this, this is well worth the cash and effort and time. Push through the hard parts, be constant, reclaim your nights and wake up to a happier baby and a happier you! Good soft approach with some limitations We used this rest training strategy when our two-year-old experienced the two-year rest regression plus some separation anxiousness. I discover crying it out (CIO) and Ferber to end up being rather brutal methods and wanted something very much gentler with minimal crying. While we finished up using "timed checks" instead of the "sleep lady shuffle," (our son wouldn't fall asleep if we had been in the room), this book provided us the encouragement to continue. She says that each three times you move just a little further away from your child, but we'd to take at least a week with each motion. It definitely took longer to get it to work - about 2 weeks.! This is simply not a permanent option, do not expect miracles. Written in a very simple, clear to see way. Great Book- but nothing you can't study from her free on the web material. I'm therefore thankful we discovered this book! I've a 16 month previous who was simply still not sleeping through the night and waking me repeatedly. The book features chapters with sleep tips separated by age the child you will work with. This did the trick, however it took much longer than the interval the rest lady suggested. She lets you know exactly what to do, how to do it, and any queries I had, I found in the book. Existence since sleep coaching has been a dream! My child woke up every two to three hours (mostly two). Lots of details, editing is so-so, wonderful to have on hand to flip through for a quick question.. But by the end of the two

weeks after my boy has finally recognized that I can end up being there for him even if he couldn't observe me, he started sleeping through the night again! First of all, the book can be an easy, quick go through. I almost can't believe it. We followed the sleep lady shuffle suggestions and it really worked. Then we shifted, and he had a significant sleep regression. Karp, Happiest Baby on the Block), but she got unwell around 5 months previous and got in the habit of getting up every 3 hours. By six months older I was desperate. I originally tried Baby Wise, but that simply didn't resonate with me. This more gentle strategy was ideal for us and by night time #3 she slept 12 hours and Personally i think like a brand-new person. There are such as a zillion rest books out there, and the writer acknowledges is certainly and encourages you to get what works for you, but most of all to be constant in whatever approach you choose. If you try a thing that doesn't work for you as well as your baby's personalities, you then won't apply it consistently and it will not work. This process really worked for us and I like the way the book is written - some fundamental guidelines in the beginning, and then it is possible to skip to the chapter for your children age. This book works Very rarely do We ever write testimonials for anything. But even today, two months after schooling, he wakes up twice a night time most nights, once on excellent nights. This book really helped us though. This approach totally changed our lives. Book: 3 stars Method: 5 stars Do it! If you are new to sleep lady, I would recommend watching the movies first to see if that is your look, then purchasing the book of you have further questions. We've a nightly routine, place our son in his crib and walk out of the area and he lies down and goes to sleep.! And it really took about 14 days to obtain it accomplished as the book said . This book changed our lives. There were some tough nights the first week but has just gotten better and better. And I never had to keep my kid to cry it out, that i just didn't have the center to accomplish. Worth every penny. Many thanks!!!!!! Strongly suggested. Follow the steps and consistency is the key Every mother of a non sleeping baby must read this ASAP! We started sleep treating at 7 weeks using another method and I was horrified! I refused to trust I couldn't rest train my baby wothoit hoirs and hours of crying! We'd a bedsharing cosleeper, who ate 2-3 instances a night minimum! We used West's strategy when sleep teaching our almost four month old boy, and per month later things are still amazing. life saver Seriously saved us!!! By no means completed that in his life. Within a week as his self soothing improved, following tips and guidance out of this book, he was down to one feed, without effort on my part! Insert: The Sleep Lady Shuffle. This reserve saved my sanity. My only regret is certainly that I didn't read this your day he was born. If you are a sleep deprived first time parent of an awful sleeper, you will want quick reference information to how to proceed. We trained out boy using Cry It Out when he was six months old. It worked like a charm until he was 1.5 yrs . old. Easy to read and follow, kiddo is certainly sleeping 12 hours My baby began sleeping great (many thanks swaddling and Dr. We tried Cry It Out once again, but it just didn't work anymore (3+ hours of crying without falling asleep). He was having major separation issues with the changeover and leaving him to cry just wasn't working for either him or ourselves. She also seems to have a misguided knowledge of child advancement, attachment, and attachment parenting (yes, I'm also a specialist in the field, except I actually specialize in dealing with children 0-5). Overall, it took almost two months to obtain out the entranceway and we genuinely have never transferred down the hall or aside, she still needs us nearby for a little while. One awaken = one happy momma.. Must have new parent book - existence saver Best parenting best on the market- must have- I have purchased 5 copies- presented all away to dear friends Great info, slow read My daughter's pediatrician recommended this book to us. I didn't have time to read all of the beginning. Ultimately it was very useful to us, but primarily I was very disappointed! Love Highly recommend to all new

mommas Works! This publication didn't do that for me. This book is SLOW to get into, and I feel like it's a little bit disorganized. This publication opened our eyes from what we were carrying out incorrect and helped us corrected the behavior and obtain our little man to rest! It will be helped us with teaching her to go to sleep on her own. Game changer, seriously! My child still doesn't sleep well at all, but we did learn a whole lot from The Rest Woman. Honestly, the first evening was horrible (because the Sleep Woman warns you). are no such thing. The method in this book will be a lot more gentle and gradual, designed to minimize crying yet set firm boundaries. Additionally, there are a ton of value- and judgment-laden statements presented as if there's consensus that she's right. There are truly gentle sleep ideas to be got; Elizabeth Pantly is even referenced in this reserve. Keep looking.. With very few tears and only two tough nights, after a week of sleep training, we'd an independent sleeper! Thank you! We tried everything we could to get our child to sleep and sleep in his crib. But when I finally do, and when my child reached almost 6 months old, the book started to be useful and made feeling.



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