



UPDATED
AND
EXPANDED

The
Sleep Lady's
Good Night,
Sleep Tight

GENTLE PROVEN SOLUTIONS TO HELP YOUR
CHILD SLEEP WELL AND WAKE UP HAPPY

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The Sleep Lady®'s Good Night, Sleep Tight: Gentle Proven Solutions to Help
Your Child Sleep Well and Wake Up Happy



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—, has developed an alternative and effective method of helping children figure out how to lightly put themselves to sleep without permitting them to “ You skill to boost your baby’Kim West, LCSW-C, recognized to her clients because the Sleep Lady®a choice that’s not comfortable for many parents.Important reading for any exhausted parent, or any expectant parent who would like to steer clear of the pitfalls of sleeplessness, Great Night, Sleep Tight offers a useful, easy-to-follow remedy that will work for every families looking for nights of peaceful slumber!s cries How to read your baby’ Additional help with feeding your baby and toddler and how feeding relates to sleep •cry it out”s sleep habits before six months • New info on breastfeeding • Preparing a sibling for the birth of a baby • Creating a secure attachment with your baby while instilling healthful sleep practices for the family members • New research on pacifiers and SIDS, the impact of sleep deprivation on postpartum depressive disorder •New materials and updates include:•



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Game changer, seriously! We tried everything we could to get our boy to sleep and rest in his crib. I understand that sounds dramatic, so I want to explain a little bit. My boy woke up every 2-3 hours (mostly two). Every night. The next night time was better. And he woke up—wait for it—ONCE! The only method I knew how to get him to go to rest was by nursing him until he exceeded out, and even then I never knew just how long he would last once I laid him in his crib. This process really worked for all of us and I like how the book is written - some simple guidelines initially, and then you can skip to the chapter for your kids age. I've never been so exhausted in every of my life, not even as a full time college student working four jobs. When my child turned 5 months older, I knew I got to accomplish something, ANYTHING to understand this boy to sleep. I have a 16 month aged who was simply still not sleeping during the night and waking me repeatedly. I didn't possess time to read all the beginning. I love that she's it broken down by age, so you don't have to read the entire book. You can simply flip to the sections that pertain to you. Exhausted moms fighting comprehension, much less locating the time to read, this is for you! She tells you exactly what to accomplish, how to perform it, and any queries I had, I came across in the reserve. Second, the Shuffle was super effective super quick for us. Honestly, the first night was horrible (because the Sleep Woman warns you). Karp, Happiest Baby on the Block), but then she got sick around 5 months outdated and got in the habit of waking up every 3 hours. BUT! I was able to sit right next to him, pick out him up to convenience him, speak to him and pat him if he needed it. And took 30-45 minute (or much less) naps. We just got one rough night. For roughly six . 5 months!!!! Never completed that in his life. One awaken = one happy momma.! But to this day, two months after training, he wakes up twice a night most nights, once on really good nights. And he probably could go through the night time with just one single wakening, but I'm pleased and haven't pushed him to drop the second feeding. It definitely took longer to obtain it to function - about 2 weeks. Push through the hard parts, be constant, reclaim your nights and wake up to a happier baby and a happier you! Good gentle approach with some limitations We used this rest training approach when our two-year-old went through the two-year sleep regression plus some separation stress. I discover crying it out (CIO) and Ferber to be rather brutal methods and wanted something much gentler with reduced crying. This did the secret, however it took a lot longer compared to the interval the rest lady suggested. This more gentle approach was ideal for us and by evening #3 she slept 12 hours and I feel like a fresh person. General, it took almost 8 weeks to obtain out the entranceway and we really have under no circumstances moved down the hall or aside, she still requirements us close by for a little while. Also, with any kind of sleep training method you wind up having to retrain any time something happens in the child's life, like a vacation or a move or a transformation of schools, etc. This is not a permanent solution, do not expect miracles. Written in a very simple, easy to understand way. Great Book- but nothing at all you can't learn from her free on the web materials. And I was doubting the complete time if it would happen. This process totally changed our lives.! It worked like a dream until he was 1. The 3rd night he was down in quarter-hour with no crying, just fussing. Lifestyle since sleep coaching has been a dream! We started rest treating at 7 months using another method and I was horrified! And I never had to keep my child to cry it out, which I simply didn't have the center to do... but really the meats of the sleep lady's plan are available for free online and through her amazing YouTube Q+A movies. He also now sleeps all night. Book: 3 stars Method: 5 stars Do it! Readable and follow, kiddo is usually sleeping 12 hours My baby began sleeping great (thank you swaddling and Dr. My son cried like I experienced never heard him cry before. This reserve didn't do that for me. There are like a zillion rest books out there, and the writer acknowledges is definitely and encourages you to get what works for you, but primarily to be consistent in whatever strategy you select. She says that every three times you

move a little further aside from your child, but we had to take at least weekly with each movement. I initially tried Baby Wise, but that simply didn't resonate with me. If you try something that doesn't work for you and your baby's personalities, then you won't apply it consistently and it won't function. And since nursing was the thing that put him to sleep, I was the only person who could do it. This book works Very rarely do I ever write reviews for anything. If you are a sleep deprived first time parent of an awful sleeper, you want a quick reference instruction to what to do. This book actually helped us though. Put in: The Sleep Lady Shuffle. We implemented the sleep lady shuffle suggestions and it certainly worked. Thank you! We now have a nightly routine, place our boy in his crib and walk out of the room and he lies down and would go to sleep. If you are not used to sleep lady, I recommend watching the videos 1st to see if this is your style, then purchasing the reserve of you have further questions. This book changed our lives. And it really took about 14 days to get it accomplished because the book said . There were some rough nights the 1st week but has just gotten better and better. Lots of details, editing is only so-so, good to have readily available to flip through for a quick question. Additionally, there are a ton of worth- and judgment-laden statements presented as if there's consensus that she's right. I almost can't believe it! life saver Seriously saved us!!! Granted, evening four he discovered how to stand and cruise around in his crib, so that made things a bit more challenging! The book features chapters with sleep tips separated by age the child you are working with. Highly recommended. Follow the measures and consistency is the key Every mother of a non sleeping baby must read this ASAP! Now here's the offer- the book is merely okay. I refused to believe I couldn't sleep train my infant wothoit hoirs and hours of crying! We had a bedsharing cosleeper, who ate 2-3 situations a night minimum! My child still doesn't rest well at all, but we do learn a whole lot from The Rest Lady!! With hardly any tears and just two tough nights, after a week of rest training, we had an independent sleeper!! He also was down to 2 feedings all by himself. He was having main separation problems with the changeover and leaving him to cry just wasn't working for either him or ourselves. Within another week he trim night feeds totally ?? We've a 10 month old boy who would go to bed at 6:30 and wakes at 6 am. Elizabeth Pantly is even referenced in this reserve. Love Highly recommend to all or any new mommas Works! My just regret is that I didn't read this the day he was born. We trained out boy using Cry It Out when he was six months aged. While we finished up using "timed checks" instead of the "sleep woman shuffle," (our son wouldn't drift off if we had been in the area), this reserve provided us the encouragement to continue. 5 years old. After that we transferred, and he had a significant sleep regression. We tried Cry It Out again, but it just didn't function any longer (3+ hours of crying without drifting off to sleep). Within a week as his personal soothing improved, following tips and guidance out of this publication, he was right down to one feed, without effort on my part! The technique in this book is a lot more soft and gradual, made to minimize crying however set firm boundaries. ?Females, and gentlemen if you're scanning this, this is well worth the cash and time and effort. We used West's approach when sleep training our almost 4 month old child, and per month later things are still amazing. But by the end of both weeks after my child has finally accepted that I can be there for him actually if he couldn't discover me, he began sleeping through the night again! Will need to have new parent book - life saver Best parenting best on the market- need to have- I've purchased 5 copies- presented all away to dear friends Great info, slow read My daughter's pediatrician recommended this book to us. This reserve is SLOW to find yourself in, and I feel like it's a bit disorganized. Ultimately it had been very useful to us, but initially I was very disappointed! And I'm also highly skeptical about reading books to repair parenting issues. By 6 months aged I was desperate. First of all, the book can be an easy, quick go through. But when I finally do, and when my child reached almost 6 months old, the reserve started to be useful and made feeling. It will be

helped us with teaching her to visit sleep on her own. I would most definitely recommend it to additional parents that need sleep help, and I desire I'd read it before my child was born, but I honestly couldn't believe that far forward! I'm therefore thankful we discovered this publication! Keep looking. are no such issue. She also appears to have a misguided understanding of child development, attachment, and attachment parenting (yes, I'm also an expert in the field, except I actually specialize in dealing with children 0-5). Worth every penny. There are truly gentle sleep ideas to be had; This reserve saved my sanity. Not so gentle I suppose it's "gentle" in comparison to full CIO however the "facts" she says about sleep, family bed, "rest associations," etc... This book opened our eyes to what we were carrying out wrong and helped us corrected the behavior and get our small man to sleep! This book changed my entire life. Thank you!



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