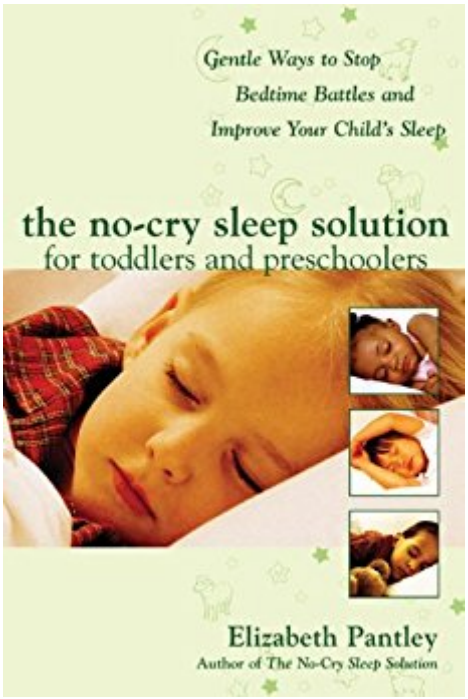
Ebook Directory
the best source of ebook

The book was found

The No-Cry Sleep Solution For Toddlers And Preschoolers: Gentle Ways To Stop Bedtime Battles And Improve Your ChildÃ¢â‚¬â„¢s Sleep: Foreword By Dr. Harvey Karp



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Guaranteed to help parents reclaim sweet dreams for their entire familyNew from the bestselling author of the classic baby sleep guide!Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. Written to help sleep-deprived parents of children ages one to five, The No-Cry Sleep Solution for Toddlers and Preschoolers offers loving solutions to help this active age-group get the rest they--and their parents--so desperately need.A follow-up to Elizabeth Pantley's megahit The No-Cry Sleep Solution, this breakthrough guide is written in Pantley's trademark gentle, child-centered style. Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures. The No-Cry Sleep Solution for Toddlers and Preschoolers tackles many common nighttime obstacles, including: Refusals to go to bedNight waking and early risingReluctance to move out of the crib and into a big-kid bedNighttime visits to the parents' bedNaptime problemsNightmares, "night terrors," and fearsSpecial sleep issues of twins, special needs children, and adopted childrenSleepwalking, sleep talking, snoring, and tooth grinding

Book Information

File Size: 3618 KB

Print Length: 396 pages

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: McGraw-Hill Education; 1 edition (May 16, 2005)

Publication Date: May 16, 2005

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B000R4FGNU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #52,649 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12 inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Child Care #30 inÃ Â Kindle Store > Kindle eBooks > Business & Money > Management & Leadership >

Training #51 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

Customer Reviews

my daughter sleeps on her own thanks to the advice of this book

So many ideas. I didn’t read much of the book but I did start bedtime and hour earlier (6pm) for my 13mo so that I wouldn’t stress how long he was taking to fall asleep.Bedtime has been less stressful with just a couple small changes.

This was a refreshing read, compiling what is known about sleep and presenting realistic options. If I had read this one first when I had my first child twelve years ago, I would have known to steer clear of the "my way or the highway" kid and baby sleep books.

We had purchased the No Cry Sleep Solution for infants and it was effective in helping both of our boys transition into sleeping on their own. As our oldest entered the two’s and three’s we found we had a new set of sleep issues: nightmares, fear of shadows at night, wanting Mama or Daddy at all hours of the night, etc. This book helped us to develop a plan to gently transition him yet again to sleeping on his own and to being reassured that it was ok and normal if we lay with him for a period of time so he could fall back to sleep. As Pantley notes...it’s all temporary and kids will eventually transition over. In seeing the difference in bonding, social behaviors, and confidence my four year old has compared to several I know who "cried it out"....he is a much more confident, secure child. Socially he seems to accept things better as well. Setting up sleep plans for him to adjust to bedtime and respecting where he’s at has helped volumes!

She’s sleeping! She’s gone from waking 3-8 times a night (since she was born almost 16 months ago) to waking no more than one time. It’s been three weeks now. And it really is no-cry. Unlike so many other solutions that start with "We don’t do cry-it-out. Just let you baby cry for..." Yeah, right. This helps your little one develop sleep skills in a loving, secure way. Skills that she will take with her for life. Love it!

This book is helping us get a better bedtime routine for my almost three-year-old. She clearly feels better now that she has a better routine and is getting more sleep, but it still takes her an hour to fall

asleep after we turn out the lights. We're still hopeful that the tips in this book will help us get past this hurdle.

Quoting reviewer Oleanna, 'Forty-four volunteer test families around the world, of varied configurations, read her (Pantley's) initial manuscript and followed Pantley's directions, reporting back to let her "peek into their naptime and bedtime routines, problems and successes," and 245 families completed extensive sleep surveys.'I was one of the *lucky* families that completed that extensive sleep survey--and it was indeed *very* involved--but what a wonderful opportunity to 'help' other parents! The survey recorded more than *just* sleep issues, and it's my understanding that parents from myriad parenting styles were surveyed. So, the book is a collection of differences delivered in a cohesive, concise manner.Ms. Pantley is thorough, professional and incredibly friendly. I feel honored that my son, daughter, husband and I were a part of her 'data.' I cherish this book, not just because we were a minuscule part of her database, but because the information within the book is solid.Thanks Ms. Pantley!Cheers!

I have read multiple of books to learn how to help our daughter sleep. Tried traditional sleep training. It could have worked, but it just wasn't for us. Pantley gives solutions and strategies that help us gently change behaviours over time. She has lots of sensible and wise advice.

Download to continue reading...

The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your ChildÃ¢â ¬â„¢s Sleep: Foreword by Dr. Harvey Karp The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night: Foreword by William Sears, M.D. The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems: Guaranteed, Gentle Ways to Solve All Your Naptime Problems (Family & Relationships) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) Bedtime Stories for Children: Short Bedtime Stories for Kids: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 3) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 1) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep

Apnea Solution, Book 3) The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) The No-Cry Sleep Solution Enhanced Ebook: Foreword by William Sears, M.D. (Pantley) The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships) Parenting Toddlers: How to Deal with Misbehaving and Challenging Toddlers (Parents, Toddlers and discipline) The Sleep LadyÃ Â®’s Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) The No-Cry Sleep Solution for Newborns: Amazing Sleep from Day One Ã¢â ¬â œ For Baby and You (Family & Relationships) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Itsy Bitsy Yoga for Toddlers and Preschoolers: 8-Minute Routines to Help Your Child Grow Smarter, Be Happier, and Behave Better Memes: Best Of Steve Harvey Miss Universe Memes! (Memes, Parents, Minecraft, Wimpy Steve, Kids, Steve Harvey)

Contact Us

DMCA

Privacy

FAQ & Help