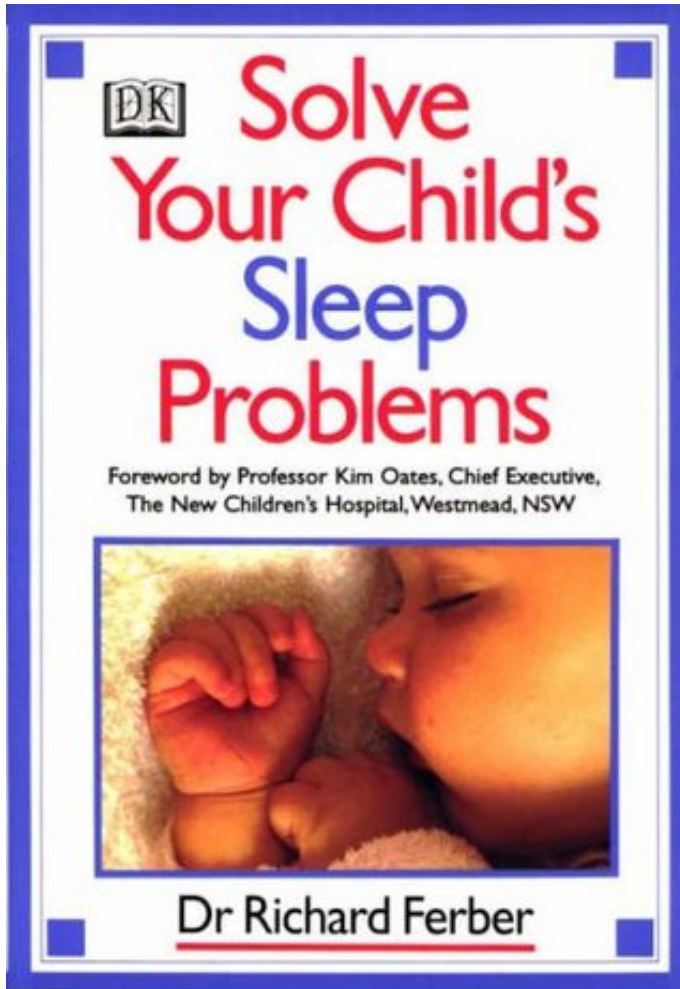

Richard Ferber

Solve Your Child's Sleep Problems



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Author: Richard Ferber

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Description

When your child isn't sleeping, chances are that you aren't either. *Solve Your Child's Sleep Problems*—a tired parent's essential for more than 10 years—offers valuable advice and concrete help when lullabies aren't enough to lull your child into dreamland. Based on Ferber's research as the director of Boston's Center for Pediatric Sleep Disorders at Children's Hospital, the book is a practical, easy-to-understand guide to common sleeping problems for children ages one to six. Detailed case histories on night waking, difficulty sleeping, and more serious disorders such as sleep apnea and sleepwalking help illustrate a wide variety of problems and their solutions. New parents will benefit from Ferber's proactive advice on developing good sleeping patterns and daily schedules to ensure that sleeping problems don't develop in the first place. You'll also find a bibliography of children's books on bedtime, sleep, and dreaming, as well as a list of helpful organizations. Here's a book that is sure to put you and your whole family to sleep—in this case, that's a good thing.

Insightful reviews

Nikki: I LOVE THIS BOOK! It's so much better than "Healthy Sleep Habits, Happy Child." I would highly recommend this book to ANYONE with ANY sort of problem with their kids sleeping. It's to the point, easy to understand, and I don't feel like I'm "reading around in circles" like I did with "Healthy Sleep Habits."

Kimberly: I do not give 5 stars lightly. Perhaps I just read this book at the right time. I read a slew of sleep/baby books while I was pregnant (Healthy Sleep Habits, Happy Child; The Baby Whisperer; a book about Dr. Sears' view on co-sleeping; etc.). I read this book when my son was 6-months-old and it was perfect timing. We had been attempting to keep a fairly regular yet still flexible schedule since about three months, so we had a good nap/bedtime routine, but our son needed a pacifier to fall asleep. By 6 months, we knew it was time to teach him to fall asleep without the pacifier because it was waking him and us up multiple times a night and preventing him from getting good naps during the day. I wasn't concerned about him sleeping better for our sake, necessarily; I was more interested in him sleeping well for HIS sake.

We first tried Weissbluth's straight extinction method where you simply do not go in at all and let your baby cry. It's supposed to be less confusing for the baby and they're supposed to adjust quicker. I was ok with some crying, if it meant my son would learn to fall asleep on his own, but after a couple weeks, the crying wasn't any better, and neither was his sleep. We had previously tried some of the no-cry techniques and found them all to be crap (too stimulating rather than calming, for our son at least).

Based on a friend's recommendation, I got Ferber's book and started his routine of checking after increasing intervals of time. My son really seemed to respond well to our very short but still reassuring visits (every time I went in, I sang the same super short song that I sing when I lay him down to sleep, and I would put my hand on his chest). In less than a week, he has greatly reduced the amount of crying he does before naps and bedtime--and we don't use the pacifier at all. If we have the timing right (about half of the time), he doesn't cry at all. Sometimes he just

talks before falling asleep.

Ferber's book helped me better understand the overall composition of night vs. day sleep, and I don't stress anymore when he takes relatively short naps (30-45 minutes), if he slept a ton the night before. I then also know I should just put him to sleep a little earlier after a day of short naps. On the other hand, if he wakes up early for some reason, I know to expect longer naps during the day, and that's what I get. I shift nap times and bed times usually 30 minutes earlier or later depending on when he wakes up and the length of his naps.

Also, it seems minor, but I think it really helped that Ferber specifically says to do the going-to-sleep routine in the room where the baby actually sleeps. We have a 1-bedroom apartment and spend most of our time in the living room, so we were doing the whole routine there and then just taking him into the bedroom to sleep. He has responded better now that we read his story in the bedroom (Ferber explains the baby/child should have positive memories in the room where they sleep so that they can continue to think about them as they fall asleep).

I do think the averages Ferber provides on the total hours of sleep children need at different ages is on the low side for infants, but I've heard it's more accurate for 2/3-years-old and up. I think Weissbluth's book is very helpful for many sleep-related things, but Ferber's book was easier to implement. However, like I said, I really think our timing was right. I think 6-months is the perfect time to really clamp down on sleep routines. Parents shouldn't stress at 3 months if it doesn't work with their baby--it's just too early. Also, I still happily feed my son once a night (he's breastfed exclusively and he is a rather small baby).

Bottom line: basically the mothers I know who are decently well rested and have babies 6-months old or older who are also decently well rested have used the Ferber method (or something very similar). His methods are WAY less harsh than they're made out to be. Read the book before you pass judgement.

Kiersten: It's just my opinion, but I don't think any child should be made to cry themselves to sleep. There are ways to teach them to sleep on their own without using "The Ferber Method". It was recommended to me and I was against it. Ok, so sure Joey came to my bed many a night but he's six now and sleeps on his own. Those early years are precious. I had a friend babysit one night, someone I trusted and she tried to "Ferberize" Joey after knowing how strongly I felt against it--he was 11 months. She let him cry for three hours. Not right. I guess it is up to the parent, but I personally couldn't do it and now that Joey is six I can say, he sleeps everynight on his own at 7. As soon as he see's the clock hit a certain time he knows to go grab a book, gets a story and curls up and sleeps. Kids need a routine--this book kind of says that but I time flies too fast. Revel in the time your lil one wants to snuggle w/ you.

Jessica Wilhoite: great helpful! It labored - it really worked! expectantly I will not want this ebook again, yet i am so satisfied he is sleeping!

Jennifer Rachal: Okay, i used to be skeptical. i would learn Happiest child at the Block (which I liked) and many different semi-okay child sleep books, yet i used to be afraid of Ferber. each mother who has heard the time period "Ferberized" has shuddered on the considered leaving

her child by myself to cry it out. yet after weeks of operating with my daughter (she was once just a yr then) i made a decision to examine this e-book out from the library - God forbid i might really purchase it! What a delightful shock this publication was once - straightforward, smart, and a plethora of wonderful info on sleep! I discovered approximately what constitutes fit sleep and stumbled on much approximately my very own sleep behavior - if it did not work, then simply that info on my own may were definitely worth the expense of the booklet (if i might truly acquired it). yet wager what? It does work! And no, it's not the cry it out for hours strategy I had heard about; it is a sluggish technique that calls for self-discipline and stable workstation to maintain tune of time. if you are keen to install the hours (hey, you are not snoozing anyway) then this can be the easiest ebook of it truly is sort out there. I nonetheless suggest it to new (and old) moms.

Judy: am i able to provide this 10 stars? Seriously, this booklet kept my sanity after my son hit his four month sleep regression. I caught it out for two months, yet was once getting angrier and angrier whenever he'd get up simply because i used to be sleep deprived, too. One week of utilizing this method, and my candy little boy was once not just placing himself to sleep with out crying, he was once additionally drowsing in the course of the evening again. Sleep deprivation went away, and we have been one chuffed kin again!! love that Ferber explains a kid's waking in phrases which are effortless to understand, specially the metaphor of falling asleep on your bed, after which waking up at the lounge floor. I knew that was once the matter with my son simply because after the 1st night, he slept throughout the evening again. I'm not likely to lie, this technique is difficult at the parents. the 1st night, my son cried for an hour and forty five mins ahead of ultimately falling asleep. the second one evening he cried for forty minutes. The 3rd night, 20 minutes. and each evening after that, he'd go to sleep inside 10 minutes, with one exception whilst he had fairly undesirable gas. Before a person assumes that i've got abused my baby or someway broken him, he's a truly satisfied child, and at 17 months, he performs in his crib for a few minutes earlier than falling asleep now, and he loves cuddling with either one of us parents. Fair warning: it will now not paintings for everyone, and each child is different. this is often what labored for us, but when it isn't for you, then there are many different sleep education methods.

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