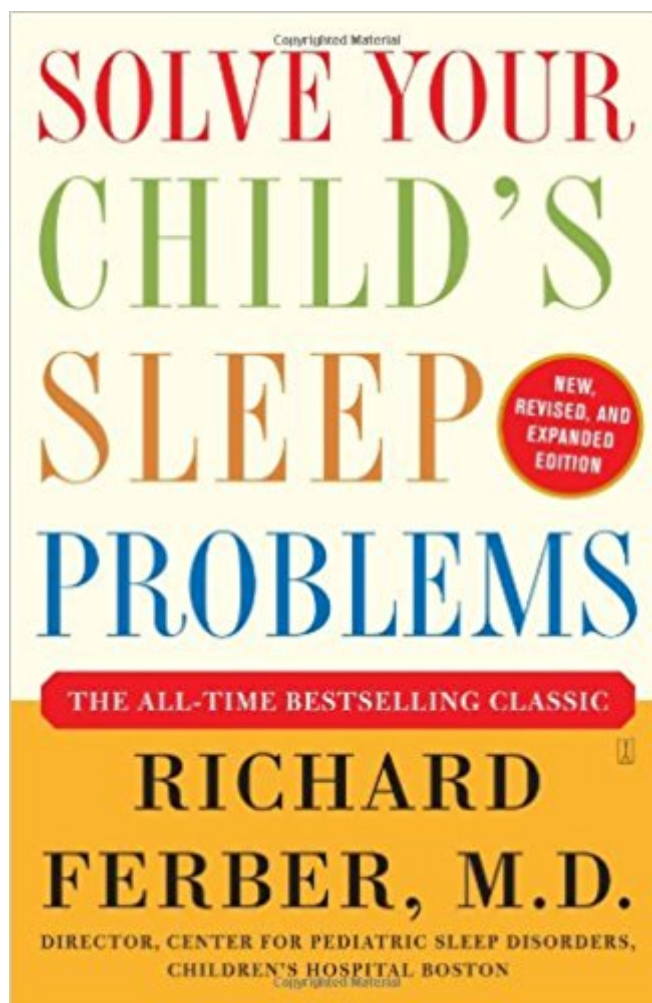


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# Solve Your Child's Sleep Problems: New, Revised, And Expanded Edition



## Synopsis

The completely revised and updated edition of the all-time bestselling book on children's sleep problems, with important new insights and solutions from Dr. Richard Ferber, the nation's leading authority on children's sleep problems. Does your child have difficulty falling asleep? Wake in the middle of the night? Suffer sleep terrors, sleepwalking, or nighttime fears? Have difficulty waking for school or staying awake in class? Snore, wet the bed, or head bang? In the first major revision of his bestselling, groundbreaking classic since it was published, Dr. Richard Ferber, the nation's foremost authority on children's sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day. Incorporating new research, Dr. Ferber provides important basic information that all parents should know regarding the nature of sleep and the development of normal sleep and body rhythms throughout childhood. He discusses the causes of most sleep problems from birth to adolescence and recommends an array of proven solutions for each so that parents can choose the strategy that works best for them. Topics covered in detail include: Bedtime difficulties and nighttime wakings, effective strategies for naps, sleep schedule abnormalities, a balanced look at co-sleeping, new insights into the nature of sleep terrors and sleepwalking, problems in setting limits, and sleep apnea, narcolepsy, bed-wetting, and head banging. *Solve Your Child's Sleep Problems* offers priceless advice and concrete help for a whole new generation of anxious, frustrated, and overtired parents.

## Book Information

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## Customer Reviews

"Booklist" A practical, informative and sensitive guide."Kirkus Reviews" Those wrestling with a

persistent or more serious problem will find this a real boon. T. Berry Brazelton, M.D. author of "Doctor and Child" Dr. Ferber is remarkably clear about a complex and common problem....Most parents will be able to use this book as a guide in helping them sort out theirs from the child's needs and will be able to follow his clear, practical directions to the relief of sleeping through the night. "Publishers Weekly" Ferber is sound, sane and reassuring....Parents of the sleepless should have this one on the shelf for its facts and solid suggestions that work. "Kirkus Reviews" Welcome news for exhausted parents.

Richard Ferber, M.D., is an associate professor of neurology at the Harvard Medical School and director of the Center for Pediatric Sleep Disorders at Children's Hospital Boston. He lives in Newtonville, Massachusetts.

First of all: Ferber is not a monster who lets babies cry themselves to sleep. If you give this book a chance you will see that. Since being born and after 12 months of dealing with our baby waking up every 1 to 2 hours and not knowing how to fall back asleep on their own, we tried the techniques in this book and saw results from the very first night to the tune of our baby sleeping for 10 hours straight for the first time since he was born! And the results just kept getting better and the crying almost completely went away. For those on the fence about Ferber, there are however several keys to successfully implementing his techniques. The first and most important is both husband and wife need to be on board for keeping discipline to practice the techniques in the book. If one or the other can't take baby crying as they adjust to new sleeping conditions that do not require help from Mom or Dad, this book won't be of any help and will be the source of heated arguments putting unnecessary pressure on your marriage. The second key is consistency. If you do this for a few weeks and think your baby's sleep troubles are solved, it's likely your baby will regress back to the "easier" conditions that baby formerly preferred to sleep under (i.e. conditions where someone needs to wake up whenever baby wakes up to satisfy whatever condition(s) baby has been trained to think they need to fall back asleep). This will lead to no one in the house being happy. The final key which combines both the above keys is maintaining the same schedule every day to the best of everyone's ability. It's easy to fall out any routine, but if you slip on baby's routine, this will directly affect their ability to sleep. I'm sorry to say while my wife and I maintained discipline for the first 3 weeks on this book and our baby was sleeping through the night for 9 to 10 hours without our help, after 3 weeks my wife who had been struggling with how quickly our baby showed he did not need anyone's help reverted to going in at the sound of any whimper and after 3 or 4 days of this she's

back to sleeping on the floor every night with our baby who again is waking up every hour or two and needing her to cuddle him back to sleep. While this is the exact type of sleeping arrangement I thought we were trying to avoid, this is proof to me that while the techniques in this book work, if both Mom & Dad are not on board your baby will revert back to whatever conditions they formerly fell asleep under and you'll have to start all over again. I hope my advice can be of help to others. Good luck!

I really wanted to sleep train our toddler, but my wife was really hesitant about doing harm to our child. So when I heard great recommendations about Dr. Ferber's methods, I decided to check this out of the library for my wife. She read it and began to understand that Ferber's method was not a strict cry it out method, but flexible to the needs and desires of your child. And once she read about the science and reasons for sleep problems, she was ready to do try it out. After 3 nights our son now falls asleep within 5 mins of us leaving the room, including 30 seconds after leaving the room last night. He also puts himself back to sleep very quickly at night when he wakes up. He is also doing so much better with play and learning during the day because he sleeps so well at night. My wife liked this book so much that we bought it so we could have it on hand in case other sleep issues came up. I would give this book 10 stars if I could.

Learn about infant/child sleep from the expert - Ferber is highly educated on this topic and shares info in an easy to comprehend way. He also does a great job pointing out that the media and public have misconstrued what 'cry it out' means as a sleep training technique - there is a specific approach to follow, including a specific schedule with check-ins, to help train the baby to fall asleep on their own. It is not just the 'let your baby cry forever' method, as the public might think from the CIO name. Babies of a certain age are able to self soothe - they just need the opportunity to do so! Ferber gives advice on how to break sleep associations (e.g., no longer needing to always rock baby to sleep). For us, following his specific schedule worked like a charm. Took ONE night of following his exact schedule and BAM baby was sleeping through the night at almost 5 months old. Before, baby needed much attention before sleeping and would wake up numerous times during the night. Now, she typically sleeps 11 hours straight and goes to sleep moments after we lay her down at night. Ferber gives great advice for nap training as well. This book is definitely worth a read if you have a young infant!

Thought this was just going to be a simple 12 step guide. Turned out to be a very thoughtful and

insightful guide to sleep patterns. Even helped me analyze my own sleep. Plenty of AHA moments, like why was our child sleeping soundly for 1 hour then waking up? Oh, the first hour of sleep is deep sleep, followed by intermittent waking and dream sleep. He was waking during these times, realizing he was all alone, and not being able to put himself back to sleep.

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