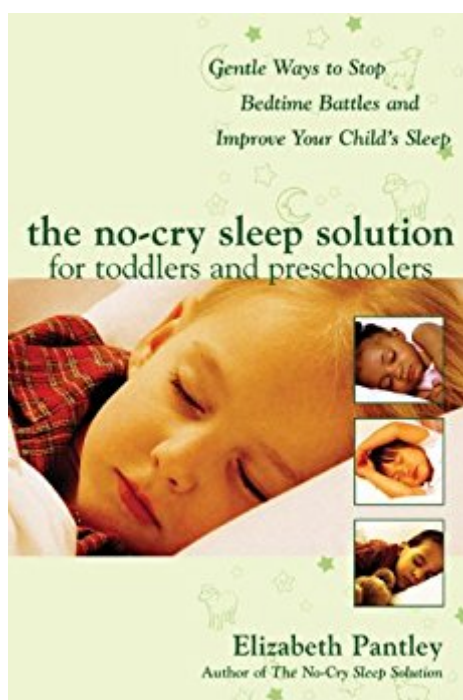


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# The No-Cry Sleep Solution For Toddlers And Preschoolers: Gentle Ways To Stop Bedtime Battles And Improve Your Child's Sleep: Foreword By Dr. Harvey Karp



## Synopsis

Guaranteed to help parents reclaim sweet dreams for their entire family! New 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 bed, Night waking and early rising, Reluctance to move out of the crib and into a big-kid bed, Nighttime visits to the parents' bed, Naptime problems, Nightmares, "night terrors," and fears, Special sleep issues of twins, special needs children, and adopted children, Sleepwalking, sleep talking, snoring, and tooth grinding.

## Book Information

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## 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 an 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.

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