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My Child Won't Sleep: A Quick Guide For The Sleep-Deprived Parent



Synopsis

Does your infant, child, or adolescent have difficulty sleeping at night? In the time it takes for your child to nap, Dr. Kansagra will help you identify the problem and find a solution. But instead of just offering one solution to the common sleep problems, this book offers a variety of scientifically-proven techniques that are safe and effective. After all, parents know best when it comes to their child. Why not give you all of the solutions and let you decide which fits your family best? Step-by-step instructions help guide you through each sleep solution. Why spend hours reading all the other sleep books?

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Customer Reviews

i love that the selling point is the brevity of this book. If you are a sleep deprived parent you know what I mean....I never thought I would sleep train my baby. But after months of waking up several times a night, it became clear that our son was waking up more and more frequently, and that our efforts to soothe him were increasingly failing. This book lays out four major strategies for sleep training. it is very clear and steers away from unnecessary commentary/convincing/cajoling/etc. It

outlines the pluses and minuses of the different approaches and gives very clear, simple instructions on how to follow a sleep plan. Perfect for when you are so tired you can't make your own plan. The book was so brief that we both could read it and select our plan together. After implementing our plan, our babe sleeps SO much better than before. Thank you Dr. Kansagra

I get that a sleep deprived parent wants a quick guide, and I suppose this is a brief overview of three possible methods, which might be helpful if you know absolutely nothing. Even if you are using these methods, there are better books out there. This book was helpful as direct and very judgmental. I went through a tough time with my first, and tried the two types of 'sleep training' overviewed in this book. Neither worked (though we had lots of crying, screaming, and vomiting, all from a very happy baby) and we found our own way. Now we have number two and I thought I would re-visit the experts' advice.

This is the one and only book I recommend to my patients (I am a pediatrician). Most books either make you feel guilty for letting your child cry, or guilty for not letting your child cry (studies show they are fine either way). Most books are too long for exhausted parents and include useless case studies or detailed graphs of sleep phase cycles that mean nothing to most readers who just want to get their kids to sleep longer. This book summarizes everything I say during a visit and gives parents options as well as the evidence behind them. Thanks Dr. Kansagra for a great reference. It is the book I wanted to write!

I also think this is a great book. It's so short as to be almost a pamphlet but any new parent would rejoice at the length -- I did a little jig. It's a really quick read, maybe 20-30 minutes, and lays out the options for sleep training in a continuum with evidence and a confident manner. The FAQ detailing why you might not want to sleep train is so helpful in addressing guilt, nursing at night, and worrying whether your child will hate you. Ha! I know those questions and worries so well.

I am a nurse and social worker, who will be recommending this book on my blog <http://www.parentinginthe-loop.com> and in my practice. It is easy to read and gives clear and complete guidelines to parents that have children who won't sleep. I have read many books on this topic and Dr. Kansagra's book is the best one by a long shot. It is short and to the point and deals with different age groups, making it easier for parents to choose a method that will work for them and their child. Thank you Dr. Kansagra for sharing your expertise in this excellent book.

This is a really, REALLY quick and simple overview of the few basic ways to sleep train. The book covers six month old infants all the way to teenagers. I didn't learn anything new from the book that I hadn't already learned from my perusing of Babycenter. Good for the price. I read through it once and probably never will again. I would've liked a more comprehensive guide.

Best bang for your buck...no sugar coating. Sleep is a difficult for most parents I know. This gives options based on your parenting style.

I've heard great things about this book. But the section on my kids ages (3 and 6) is basically two screenshots worth of info that says: put them back to bed when they wake up. I'm actually laughing at how ridiculous this is that I paid for that, lol.

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