



## The Sleep Ladys Good Night Sleep TightGentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy

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By Kim West

Paperback. Book Condition: New. Paperback. 442 pages. In this expanded edition, first published in 2004, child and family therapist West (aka The Sleep Lady) further explores the ways parents can teach their infants and toddlers the indispensable skill of falling and staying asleep. West has added the latest pediatric research on sleep safety, pacifier use, and breastfeeding, as well as expanded sections on toddler naps, interpreting newborn cries, and phasing out nighttime feedings. She has also included sections on bedtime baby yoga poses, a chapter on room sharing and bed sharing (encouraging parents to carefully assess their attitudes before making a decision on whether to co-sleep) and postpartum depression. West eschews the cry it out approach, which may leave parents feeling guilty and exhausted. Instead, her Sleep Lady Shuffle is a gentle behavior modification technique that helps babies gradually master solo sleeping and self-soothing. The author covers such general sleep tips as creating a sleep-friendly environment and using loveys, and then offers individual chapters addressing various age groups from newborn to five; readers can readily find information pertinent to their particular child and situation. In this detailed guide, West advises parents to practice patience and consistency, and maintain a united...



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