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The Happy Sleeper: The Science-Backed Guide To Helping Your Baby Get A Good Night's Sleep—Newborn To School Age

"Clear a space on your bookshelf! You'll be consulting this friendly, research-based guide to the blessings of sleep for you and your little ones for many years to come."

—ADELE FABER, COAUTHOR OF
HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK

the happy sleeper

The Science-Backed Guide to Helping Your Baby
Get a Good Night's Sleep—Newborn to School Age



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Foreword by Daniel J. Siegel, M.D., *New York Times*—bestselling author of
Brainstorm and *Parenting from the Inside Out*



Synopsis

Many parents feel pressured to "train" babies and young children to sleep. But kids don't need to be trained to sleepâ "they're built to sleep. Sleep issues arise when parents (with the best of intentions) overhelp or "helicopter parent" at nightâ "overshadowing their baby's innate biological ability to sleep well. In *The Happy Sleeper*, child sleep experts Heather Turgeon and Julie Wright show parents how to be sensitive and nurturing, but also clear and structured so that babies and young children develop the self-soothing skills they need in order to:- Fall asleep independently- Sleep through the night- Take healthy naps- Grow into natural, optimal sleep patterns for day and nightThe Happy Sleeper is a research-based guide to helping children do what comes naturallyâ "sleep through the night.Â

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Customer Reviews

This book worked wonders for our very challenging sleeper. However, it's not a miracle. Here is my synopsis of why this book gets 4 stars, not 5. First and foremost, the important lesson to take away from all these sleep books is that you as a parent need to do what feels right for you, and if allowing

your baby to cry at all is too painful for you, you need to listen to that. Some of the advice in this book didn't work for us, and I am relieved I didn't feel like I had to follow it. But overall, this book made a lot of sense to me. Other reviewers criticize it as cry-it-out ("CIO") in disguise, but here's why I strongly disagree. CIO--whether leaving your baby to cry for an hour without checking on her, or ferberizing (patting and soothing after consistent time increments)--risks leaving your baby scared or confused. Full-blown CIO means your baby is alone for a long stretch of time until she stops crying and is forced to learn to fall asleep independently. All my friends who have done this say it's very effective and it happens fast. But to me, I felt like my baby would feel scared, like I abandoned her and was never coming back. Ferberizing seemed like an acceptable alternative, but the Happy Sleeper makes a compelling case for why it's actually harder for your baby: you leave her for five/seven/whatever minutes and she protests, then you come in and pat and shush her so she gets a glimmer of hope that you'll take over and make it all better, then you leave again. So, even though she's not feeling abandoned, she's confused, and you're actually actively preventing her from self-soothing. Enter the sleep wave. Your baby sees you there every five minutes and does not feel abandoned, yet does not get confused (as she does with Ferberizing), because you're telling her she is responsible for teaching herself to sleep. I know in my case the first two or three nights were torturous, but it was clear to me that my baby was not scared, just MAD. Within just a couple days of implementing this method, my daughter became a visibly and palpably happier baby. Now she's 16 months old, and although she's super attached to me and cries when I leave for work, she sleeps through the night consistently and always is very happy when I put her in her crib. She has very strong sleep skills, and I owe that to this book. I wish we'd had it for my older daughter too, who still has night wakings and is almost 5! I do want to note that, at least for us, the baby learned the sleep skills she needed for nighttime sleep very quickly, but solid napping did not happen for a few months. I don't think this has anything to do with the book; just know that consistent naps tend to take longer. I do have a few critiques of this book. First, the 0-4 month chapter (the soothing ladder, I think they called it?) is pretty unrealistic. The first few steps on the ladder never ever worked, and I imagine most people will have the same experience, unless they have a remarkably chill baby. Second, if you are a nursing mom who works outside of the home, I'd read the section about night weaning with healthy skepticism. While your baby might not need the calories in the middle of the night, you and your baby might need the connection; moreover, shaving off one minute every other night seems like a great idea to prevent a drop in milk production, but ultimately if your body is connecting to a pump most of the day and not nursing the baby at night, your milk supply will drop. Finally, I found the sections on dropping naps to be unhelpful and underdeveloped. I had a really

hard time navigating the 3- to 2-nap transition, as well as the 2- to 1-nap transition, and was disappointed to find this book had little advice.

You wonder when you start sleep training if it will really work. My wife and I were surprised about how quickly our son adjusted. Before we spent a lot of the day trying to get him to sleep. Within a couple of days he was sleeping with barely a fuss.

We bought this when it was taking 45 minutes to rock our 5 month old to sleep and we were at our wits end. All babies are different, but ours took to this method like a champ and is now putting himself to sleep easily and without tears for nap time, and with very minimal fussing at bedtime. It was a total game changer!

Incredible sleep training book!! LOVED it!! Our girl has been sleeping 12-13 hours a night since she was 4 months old. No night time feedings either!! She's a sleeping rockstar. Recommend this book to every new mama!

This is seriously the only baby sleep book you will need. I only wish I had found it sooner. This got my nearly 7 month old finally taking consistent naps and even helped us transition him into his own room. He's now sleeping 11 hours straight through the night. I will now gift this at every baby shower I go to!

This book is amazing. If you are struggling with sleep issues, it's worth every minute you spend reading. We implemented the program with our 10 month old and within 3 days she was going to sleep on her own. This came after many issues. Now 7 months later, my daughter is a great sleeper. 2+ hour naps and a solid 12 hours at night. Can't recommend this book enough. Thank you!!

We were co-sleeping until my daughter was 9 months old and breastfeeding throughout the night. I was so exhausted and needed her to sleep on her own but was struggling. Feeding throughout the night was especially hard. This book was a Godsend! In a matter of weeks she was in a routine, understood what bedtime looked like and dropped the night-time feedings! She learned how to self-soothe and sleep for 10-12 hours every night! I was so proud of her! I love that this book isn't about ignoring your child when they cry. I really didn't want to let her "cry it out". It's more about

letting your child realize you are there, but they can and will be able to fall asleep on their own. I seriously recommend this book to everyone! Such a great lesson for your child in one of the most important aspects of life. I even bought a second one for my sister!

A must read. This book outlines every phase of sleep your child will go through. We enjoyed the gentle approach to sleep training as this book gave us confidence to get our entire family back on track and sleeping really well! highly recommend for every stage of infant - toddler. This is a gift I give everyone who is expecting!

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