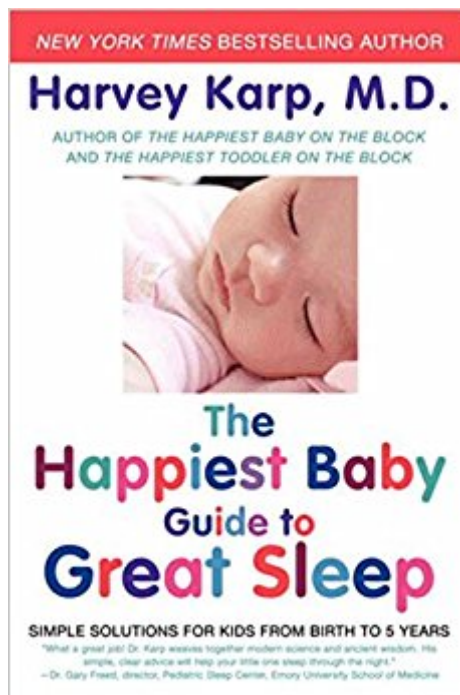




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# The Happiest Baby Guide To Great Sleep: Simple Solutions For Kids From Birth To 5 Years



## Synopsis

America's favorite pediatrician, Dr. Harvey Karp, now focuses his unparalleled knowledge, experience, and insight on solving the #1 concern of parents everywhere: sleep. With *The Happiest Baby Guide to Great Sleep*, Dr. Karp "arguably the world's foremost parenting expert and bestselling author of *The Happiest Baby on the Block* and *The Happiest Toddler on the Block*" offers invaluable tips on how to help your newborn, infant, or toddler get the rest they need, while debunking some of the most widely held myths about babies and sleep. Dr. Karp's advice has already been sought after by some of Hollywood's brightest stars—including Michelle Pfeiffer, Pierce Brosnan, and Madonna—and now his *The Happiest Baby Guide to Great Sleep* can help anyone guide even the most resistant small child gently toward wonderful, restful, healthful slumber, so that mom and dad can enjoy a good night's sleep themselves!

## Book Information

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## Customer Reviews

"Exhaustion is no longer the fate of all new parents. Now babies and toddlers—and their parents—can sleep better and longer thanks to Dr. Karp's practical advice and wisdom." • (Arianna Huffington, Editor-in-Chief, The Huffington Post) "This book is a breakthrough! Poor sleep doesn't just cause exhaustion; it even triggers obesity - of children and parents! With ingenuity and insight Dr. Karp reveals simple steps to boost sleep...and promote the health of the entire family." • (Francine Kaufman, MD, past-president American Diabetes Association, author of *Diabetes*) "What a great job! Dr. Karp weaves together modern science and ancient wisdom to

dispel common sleep myths. His simple, clear advice will help your little one sleep through the night. • (Gary Freed, DO, FAAP, FACOP, Director, Pediatric Sleep Center, Emory University School of Medicine) • If you're starting to feel that sleep only exists in a dictionary, then this book was written for you! America's #1 pediatrician can help turn your nightly stress into glorious rest. • (Laurie David, Mom, Producer - An Inconvenient Truth, Author - The Family Dinner) • I learned more about kids' sleep from this book than in my entire thirty years of practice. Dr. Karp's great advice will make you the happiest parents on the block! • (Harley Rotbart, MD, Professor, Vice Chair of Pediatrics, University of Colorado School of Medicine and Children's Hospital Colorado, author of No Regrets Parenting) • Dr. Karp's white noise advice is incredibly helpful for boosting sleep. I recommend it to my patients...and even use it with my own children! (Ian Paul, MD, Professor of Pediatrics and Public Health, Penn State College of Medicine) • Dr. Karp is a parenting hero! His Happiest Baby Guide to Great Sleep

Finally, kids do come with instructions! Surprisingly simple steps to boost your little child's sleep fast! Dr. Harvey Karp made doctors applaud and parents cheer with his brilliant solutions to centuries-old problems such as colic and tantrums. Now, in The Happiest Baby Guide to Great Sleep, he works his magic once again on the #1 parent complaint: exhaustion! Dr. Karp's surprising insights include: Why parents should always wake their sleeping babies when they ease them into bed! How a new type of white noise can boost your baby's or toddler's sleep by 1 to 2 hours! Easy "no-cry" tips that end infant and toddler bedtime struggles in just days! Plus dozens more foolproof tips that have helped thousands of families turn nighttime shrieks into nightlong slumber.

I have read the book many times and even have pages bookmarked that I revisit when I reach a new developmental stage and need advice for my baby. I like that it is not extreme (not attachment parenting but not the fever method either) so it gives balanced advice and doesn't guilt you for using one method over another. It also provides different options rather than preaching one "right" way.

This book gets 5 stars and I haven't even read past the 3 month mark. Definitely saw improvement in my son's sleeping after implementing the 5 S's. He still wakes up 1-2 times a night to nurse but falls quickly back to sleep. We usually get at least one 5 hour stretch of sleep a night if not 2. "Triggering his calming reflex" has helped in other scenarios as well. After his 2 month shots, we were able to use the S's to calm him back down before we even left our exam room and didn't fuss

at all that night! Very well written and explains a lot of the reasoning behind why these work and the science of sleep, which personally, I understand and remember things better if I understand why it works.

This book has been a life saver!! We were having lots of problems at bedtime and naps with our baby and after reading this book and following the tips my baby falls asleep at bedtime so much easier and takes her 3 naps a day! I recommend this book to everyone with a baby, or a pregnant mommy. It's a life saver, a must read!!!

Really, really good tips for sleep deprived parents. Read this before you have your baby or as soon as you can to help you and your baby get more sleep.

Great book for nap training. It goes hand in hand with the Sleep Lady Shuffle book, at least for naps.

It has some useful tips but I didn't like it as much as The Happiest Baby on the Block. Would be great for a first time parent.

Repetitive, if you've read happiest baby on the block

Simple methods to put into practice easily. I only wish I would have discovered his books earlier in my children's lives!

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