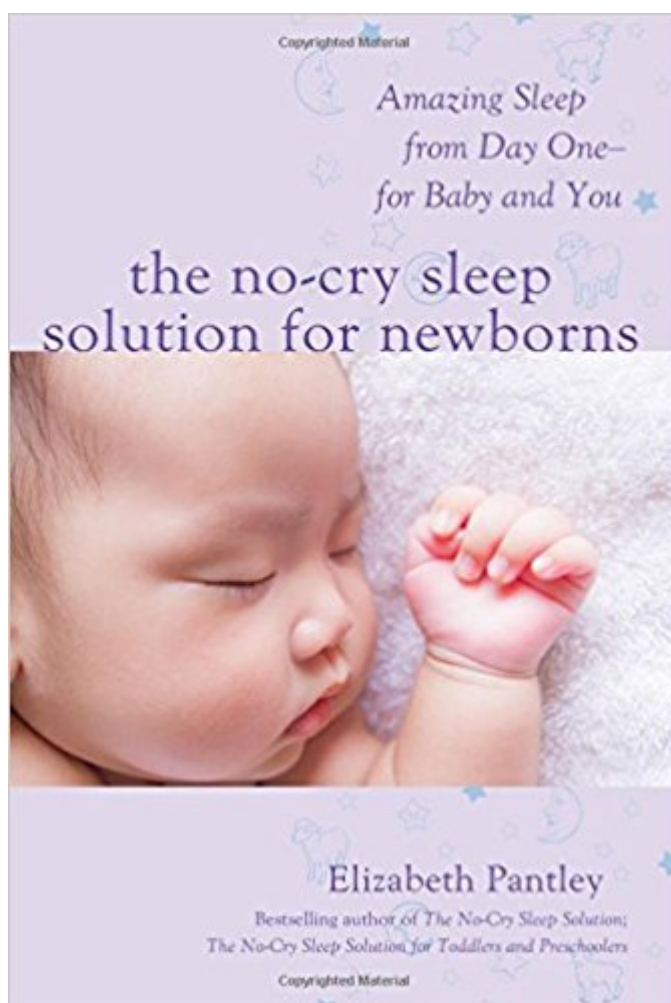


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# The No-Cry Sleep Solution For Newborns: Amazing Sleep From Day One – For Baby And You (Family & Relationships)



## Synopsis

"Yet again, Elizabeth Pantley spins her baby magic! She towers above her competitors by showing us what babies really need, and how best to give it to them. She teaches us to take advantage of our infant's innate capacities to sleep and reminds us to be open to the messages our babies whisper to us."~ James J. McKenna, Ph.D. Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame

"Expectant and new parents, take heed! This is the one sleep book you need to read. It will set a pattern not only for better sleep, but also for a healthy, nurturing relationship with your children for a lifetime to come."~ Nancy Peplinsky, Ph.D. Founder, Holistic Moms Network

Expert advice on getting the best possible sleep during the newborn months

You have a newborn, so sleep is impossible, right? Wrong! In the womb, babies sleep up to twenty hours per day. Clearly newborns don't need to be "trained" how to sleep - they know how, and they've had plenty of practice. So why do most parents have trouble getting their newborns to sleep?

Elizabeth Pantley, a world-renowned expert on children's sleep, created this guide to explain the ways we unintentionally prevent an infant's natural sleep to occur, and to teach us the simple but powerful ways to maximize our newborn's naps and nighttime sleep. Once you've learned the 15 Keys to Amazing Newborn Sleep you'll easily make adjustments to how you treat your baby's sleep. You don't have to keep logs nor follow schedules or rules. Just by being aware of this information you will do things to improve sleep that you wouldn't have known to do otherwise. With The No-Cry Sleep Solution for Newborns, you will learn:

- the things that trick us into disrupting a baby's sleep
- how to identify the perfect moment for a nap
- ways to create a sleep-inducing environment
- tips to reduce the number of night wakings
- how to set the stage for great sleep throughout babyhood

The No-Cry Sleep Solution for Newborns was field-tested by 122 test families with newborns. Their input refined the ideas to make them easy to understand and follow - by even the most sleep-deprived parent. When you apply these Keys you can help your baby sleep well and peacefully. And guess what? When your baby sleeps - you will, too!

## Book Information

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## Customer Reviews

"This is a well-presented, honest, and evidence-based book that will be of immense value to many parents and children. As a pediatrician who has spent the past 30 years trying to understand both normal sleep in infants and children and problems that can arise during such sleep, I was heartened to read this book. Recognizing the important information in scientific studies of infant sleep, this is the first book I have seen that translated many of these insights into a usable form for parents. I will be pleased to commend this book to parents." ~Professor Peter Fleming, CBE Professor of Infant Health and Developmental Physiology University of Bristol "Babies' secure attachment to their parents is the foundation of lifelong health. And responsive care is what leads to a secure attachment. Unfortunately, various "experts" continue to tell parents to not respond to their babies, especially at night. The cry-it-out method is highly stressful for parents and babies, potentially harms their relationship and the security of the attachment, and is completely unnecessary. When parents ask about sleep training, I'm happy that I can recommend an alternative: a book that allows everyone to get the sleep they need without resorting to cry-it-out. Thank you, Elizabeth Pantley, for The No-Cry Sleep Solution for Newborns. It's just what we need." Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA Author, The Science of Mother-Infant Sleep Clinical Professor, School of Nursing, University of Hawai'i, Manoa Editor-in-Chief, Psychological Trauma; Editor-in-Chief, Clinical Lactation "The No-Cry Sleep Solution for Newborns is a brilliant guide for parents of infants. Carefully weaving together threads from her own experiences as a mother and grandmother, with extensive research-based information, Elizabeth Pantley explains the key issues parents need to know in order to understand their babies' sleep, why this information is important, and how to apply it. If you feel strongly, as I do, that human newborns should be treated gently, their needs respected, and their parents supported, you will find much to like in this book. Newborn infant sleep is hugely variable in patterning and duration, while sleep patterns develop differently for each baby. In this

book you will find helpful strategies for supporting your baby's natural sleep behaviour and coping with the sleeplessness that goes with the territory of having a new baby. This book will be a key resource for parents of new babies, and for those who seek to support them." ~ Professor Helen L Ball, BSc, MA, PhD Head of Anthropology & Director, Parent-Infant Sleep Lab, Durham University Co-Founder of the Infant Sleep Information Source Chair-elect, Scientific Committee, Lullaby Trust [dur.ac.uk/sleep.lab](http://dur.ac.uk/sleep.lab) ~ [jisonline.org.uk](http://jisonline.org.uk) "As a general pediatrician in practice for 35 years, I found "The No-Cry Sleep Solution for Newborns" a very welcome addition to the "No-Cry Solution" series. Ever since I discovered her first book, Pantley's advice has been my "go-to" for parents who struggle with sleep, discipline and eating issues. With her latest book, Ms. Pantley provides parents of newborns with a game plan to establishing healthy routines to try to prevent problems. She avoids the dramatic and traumatic changes to routines that often keep parents from trying to solve problems and in fact, make things worse. ~ The bonus is that, this advice might prevent a number of other issues. The results are that you have happier, more flexible infants and, yes, happier, calmer parents who can actually enjoy their new babies. I am seriously thinking about providing this book to all new parents." ~ Edward D Lewis, MD, FAAP Lewis Pediatrics, New York

Here's an exciting fact - just reading this book can help your baby sleep better. Yep, it's true! Once you've learned about how newborn babies sleep and become acquainted with the 15 Keys to Amazing Newborn Sleep you'll easily make adjustments to how you treat your baby's sleep. You don't have to keep any logs, and you don't have to follow any schedules or specific rules. Just by being aware ~ of these Keys you will do things that you wouldn't have known to do otherwise. And when baby sleeps better - so do you!

This book makes it easy to put ideas into practice and start developing healthy bedtime practices from the start. My three-week old is a happy baby and I'm a happy momma as a result!

I cannot recommend this book enough. If you are pregnant or have a baby younger than 4 months BUY THIS BOOK! I have a 5 week old and have almost finished it and it is a game changer. I bought it when she was a week old, and I wish I would have read it while pregnant! I read Elizabeth Pantley's "No Cry Sleep Solution" for my older daughter when she was around a year old, but this one is specifically for newborns and I feel like a lot of our sleep issues with my older daughter could have been avoided if I had this information from the beginning. I love Elizabeth Pantley because she

uses gentle parenting methods, doesn't believe in sleep training or scheduling babies, understands infant behavior, and works to honor the breastfeeding relationship. She also takes into account the needs of the parents and family in ways that others often don't. She encourages mothers to follow their instincts in a way that I haven't encountered in any other book. This book is so helpful, empowering, and sane (nothing unrealistic or extreme). It is also endorsed by Dr. James McKenna, which gives it the utmost credibility for an infant sleep book. I am a doula and childbirth educator so I have had a lot of training on breastfeeding and infant behavior and this is by far the most helpful baby sleep/behavior book I have ever read.

This is a book for parents to read before the baby arrives. You won't have time to do so afterwards and it will be a great loss and an opportunity wasted. The book, really, should be called "the no-cry sleep solution for parents." Parents are the ones who need the guidance and reassurance and understanding that this book provides. Babies are just winging it here in their brand new environment. They don't know what's going on and just want comfort and security. (Which, coincidentally, is also what their parents want and what this book will help them achieve.) It is parents who will be sleep-deprived with all the emotional and physical baggage that implies and sleep-deprived people don't do well under stress. Every baby is different and no single manual will apply to all. Will your baby sleep more or better because you read this book? No. But you will feel more competent and confident if you understand his needs and the emotional and physiological processes he's subject to. Your understanding will translate into security and calm for your baby which, in turn, makes you feel more in control and less guilty. Aside from reassurance and sound practical information, this book is lovingly focused on providing a sound and nurturing start to the most important relationship in life. It will help you read the signals baby is sending you, give you confidence in your instincts and, when those fail, give you practical guidance. This is the book I wish I'd had when my daughter was born and I was told to let her "cry it out." I went through two miserable nights until I decided the experts were idiots and I was going to do it my way. This is not a book you will ever look back upon and say "that was stupid advice." It's jam-packed with wisdom, common sense, experience, and love. I'm very happy to have found it in time for my granddaughter to benefit from it.

As a mother to four children, all of whom co-slept and breastfed for years, and being a doula and

childbirth educator, I was excited to read this book. The parenting community desperately needed a book from a trusted source that would leave them feeling supported and that would offer gentle guidance with scientific basis. Well, this book is it! I have read many books on the topic of infant sleep, both for professional and personal use, and I have to say, Pantley was able to neatly and concisely summarize all that a soon-to-be parent, or even an experienced parent who needs some fresh ideas, would need to know. I especially liked that she referenced Dr. James McKenna, a world-renowned infant sleep researcher. McKenna and Pantley support breastfeeding and even bed sharing if a family chooses that route. It was so refreshing to read Elizabeth's personal account on page 68 of raising her own four children by starting them out as co-sleepers/bed sharers in some form or another! It sounded just like my own family! While she outlines the safety measures one must be aware of for cosleeping, she also invites us as parents to feel good and relaxed about this wonderful choice. She validates this choice with sound professional speak, such as Middlemiss and Kendall-Tackett, both PhD's in the science of mother and infant sleep. She also validates us on a mom-level, where our instincts and our soft hearts collide and we need sound support. One of my other favorite parts is her advice about keeping night feelings hushed, mellow and toy-free. I literally met with a doula client just last night and we were talking about night routines. My advice has always been to expecting moms the same advice that Pantley offers! I suggest using a dim book light clipped into the bed, cosleeper or bassinette, not changing every wet diaper in the night and only using quiet voices. This is always enlightening to new parents, some of whom have been changing every diaper at every feeding under full lights with all sorts of conversation happening in the room. I shift these parents in the other direction and it works! I have seen it in my own family and professionally, and Pantley again proves that this indeed works! Her suggestions are for the real world, for real families, people who want the choice to think deeper, tap into instinct, and find their choices validated and honorable. Back when my children were babies, I read Pantley's original No Cry Sleep Solution book and found the gentle removal plan for breastfeeding very useful. I was glad to see this included in her current book. She recognizes falling asleep at the breast as, "the greatest joy but potentially the greatest problem." More importantly, she offers guidance and a solution for this rather than just telling moms to not let their baby fall asleep at the breast. No mom wants to hear that- anyone who nurses knows that almost all babies love to fall asleep with the nipple in their mouth! She also addresses sling-wearing and its benefits in this newest book, which is wonderful! I have studied baby wearing for years and am a huge advocate of it. It can be a crucial part of your relaxing and sleeping routine for newborns and I'm happy she included it. Between her key points, professional and parent speak, and her organized chapters this book is easily readable

and understandable. It would make a great baby shower gift but also would be helpful for experienced families that need help with their sleep routines. It's also a solid professional resource for anyone in the birthing field! In addition, all pediatricians should read a copy of this book to help parents who may deviate from the standard sleeping training advice we see all too often in this country. Not everyone wants to let their baby cry it out. Happy reading and mothering!!

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