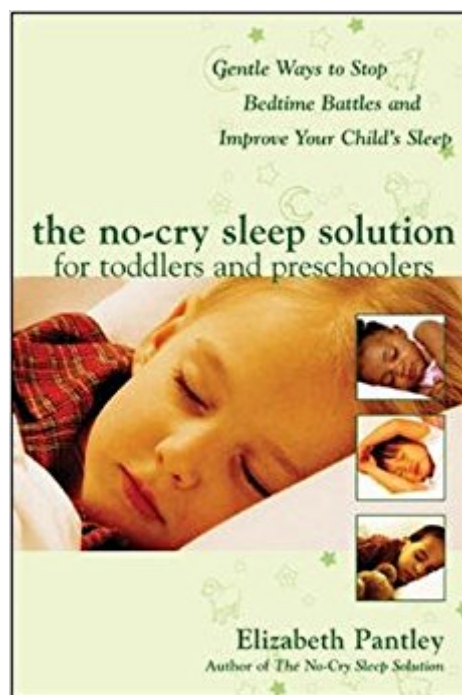




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# The No-Cry Sleep Solution For Toddlers And Preschoolers: Gentle Ways To Stop Bedtime Battles And Improve Your Child's Sleep



## Synopsis

Guaranteed to help parents reclaim sweet dreams for their entire family New from the bestselling author of the classic baby sleep guide! Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. Written to help sleep-deprived parents of children ages one to five, *The No-Cry Sleep Solution for Toddlers and Preschoolers* offers loving solutions to help this active age-group get the rest they--and their parents--so desperately need. A follow-up to Elizabeth Pantley's megahit *The No-Cry Sleep Solution*, this breakthrough guide is written in Pantley's trademark gentle, child-centered style. Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures. *The No-Cry Sleep Solution for Toddlers and Preschoolers* tackles many common nighttime obstacles, including: Refusals to go to bed Night waking and early rising Reluctance to move out of the crib and into a big-kid bed Nighttime visits to the parents' bed Naptime problems Nightmares, "night terrors," and fears Special sleep issues of twins, special needs children, and adopted children Sleepwalking, sleep talking, snoring, and tooth grinding

## Book Information

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## Customer Reviews

"In this excellent companion to her parenting classic, *The No-Cry Sleep Solution*, Pantley debunks the myths about children and sleep. She provides a plethora of examples about how perfectly natural it is for children to have sleep issues. However, parents will be thrilled to hear that just

because something is normal doesn't mean they have to live with it. She addresses problems and solutions for a wide variety of sleep-related issues. This is hope condensed for the tired parent; essential for all public libraries."~Â Â Kari Ramstrom, MLIS, starred review, The Library Journal

My previous sleep book, and the predecessor to this one, isÂ Â The No-Cry Sleep Solution. It provides answers to better sleep for Â Â children from the day of birth through toddlerhood. My youngest Â Â child was a very frequent night-waking, all-night breastfeeding-baby. My experience learning how to help him sleep all night was the incentive for me to write my first no-cry sleep book. Since then, I have corresponded with tens of Â Â thousands of parents, and I have expanded my research up through the preschool years to bring you this edition of The No-Cry Sleep Solution. Because the magic of children is that they are all very different from one another, and that they are unique in their transitions from one stage of growth to the next, this edition ofÂ Â The No-Cry Sleep SolutionÂ Â crosses paths with the first for that in-between stage from baby to toddler. It then moves forward through the preschool years, and for many children, into the primary grades as well. I hope to guide you along a gentle, peaceful journey to good sleep for everyone in your family.

my daughter sleeps on her own thanks to the advice of this book

So many ideas. I didn't read much of the book but I did start bedtime an hour earlier (6pm) for my 13mo so that I wouldn't stress how long he was taking to fall asleep. Bedtime has been less stressful with just a couple small changes.

This was a refreshing read, compiling what is known about sleep and presenting realistic options. If I had read this one first when I had my first child twelve years ago, I would have known to steer clear of the "my way or the highway" kid and baby sleep books.

We had purchased the No Cry Sleep Solution for infants and it was effective in helping both of our boys transition into sleeping on their own. As our oldest entered the two's and three's we found we had a new set of sleep issues: nightmares, fear of shadows at night, wanting Mama or Daddy at all hours of the night, etc. This book helped us to develop a plan to gently transition him yet again to sleeping on his own and to being reassured that it was ok and normal if we lay with him for a period of time so he could fall back to sleep. As Pantley notes...it's all temporary and kids will eventually

transition over. In seeing the difference in bonding, social behaviors, and confidence my four year old has compared to several I know who "cried it out"....he is a much more confident, secure child. Socially he seems to accept things better as well. Setting up sleep plans for him to adjust to bedtime and respecting where he's at has helped volumes!

This did not work for my stubborn 3 year old. The author says create a reward chart, use "tickets" to purchase a prize. Are you kidding? My son ain't got time for that. He's way too smart. We finally told him his older brother stays in bed, and it's not fair to him if you keep getting up. That helped a little bit. It's a work in progress with this kid.

She's sleeping! She's gone from waking 3-8 times a night (since she was born almost 16 months ago) to waking no more than one time. It's been three weeks now. And it really is no-cry. Unlike so many other solutions that start with "We don't do cry-it-out. Just let your baby cry for..." Yeah, right. This helps your little one develop sleep skills in a loving, secure way. Skills that she will take with her for life. Love it!

This book is helping us get a better bedtime routine for my almost three-year-old. She clearly feels better now that she has a better routine and is getting more sleep, but it still takes her an hour to fall asleep after we turn out the lights. We're still hopeful that the tips in this book will help us get past this hurdle.

Quoting reviewer Oleanna, 'Forty-four volunteer test families around the world, of varied configurations, read her (Pantley's) initial manuscript and followed Pantley's directions, reporting back to let her "peek into their naptime and bedtime routines, problems and successes," and 245 families completed extensive sleep surveys.' I was one of the \*lucky\* families that completed that extensive sleep survey--and it was indeed \*very\* involved--but what a wonderful opportunity to 'help' other parents! The survey recorded more than \*just\* sleep issues, and it's my understanding that parents from myriad parenting styles were surveyed. So, the book is a collection of differences delivered in a cohesive, concise manner. Ms. Pantley is thorough, professional and incredibly friendly. I feel honored that my son, daughter, husband and I were a part of her 'data.' I cherish this book, not just because we were a minuscule part of her database, but because the information within the book is solid. Thanks Ms. Pantley! Cheers!

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