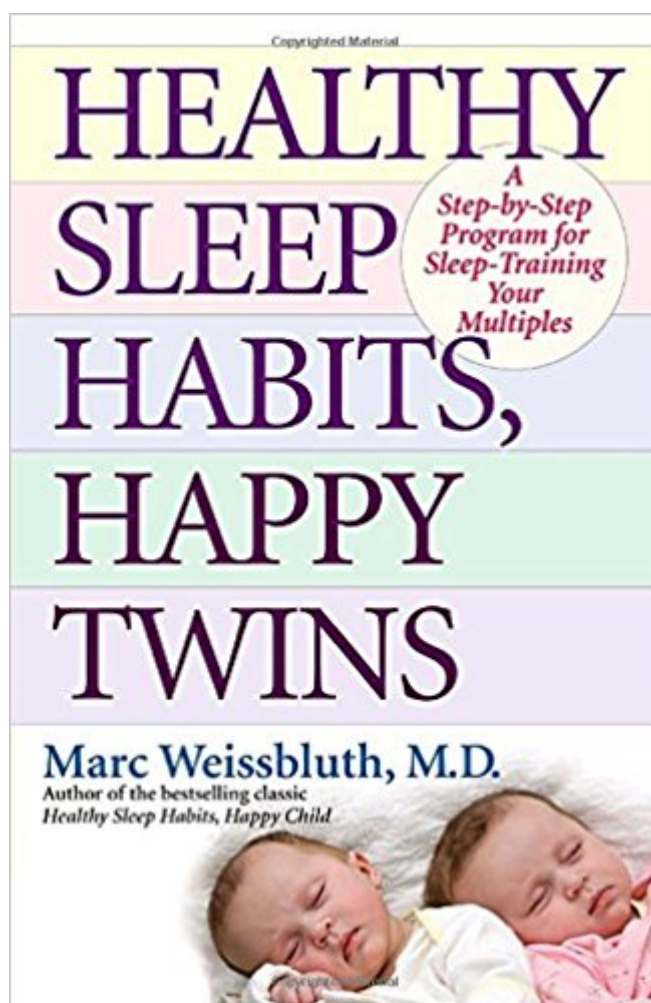


The book was found

Healthy Sleep Habits, Happy Twins: A Step-by-Step Program For Sleep-Training Your Multiples



Synopsis

From one of the nation's most trusted experts on children's bedtime and nap time comes a new guide for sleep-training twins so that everybody (including Mom and Dad) will be rested and happy! As parents of twins and multiples know, double the fun can be double the sleep deprivation. Now, in *Healthy Sleep Habits, Happy Twins*, beloved pediatrician and renowned sleep authority Dr. Marc Weissbluth combines specialized advice for parents of twins with his tried-and-true sleep-training methods to show exhausted moms and dads how to get their babies to sleep on their own, stay asleep, and sleep regularly. This essential step-by-step guide to establishing good sleep patterns reveals how to build healthy habits in twins' natural slumber cycles, including how healthy sleep differs from "junk" sleep, plus a helpful tutorial on the techniques of sleep training for new parents, the five ingredients of healthy sleep, and why daytime sleep is different from nighttime sleep but equally important to good health, why it's crucial for babies to master the ability to fall asleep unassisted, without protest or crying, and how to help them do so, essential tips for synchronizing your twins' sleep schedules, plus information about how twins sleep best, when to keep them together, and when it's time to separate them, how to recognize early drowsy cues in your babies so you can catch the sleep wave before it turns into nervous energy that will keep them awake. Sleep-training twins presents a unique set of challenges. This invaluable guide will not only get your babies to sleep through the night but help you stay healthy and rested so you can enjoy the many blessings of having more than one!

Book Information

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Customer Reviews

"I love Dr. Weissbluth's philosophy that the most important thing to have is a well-rested family. And fortunately, thanks to this book, most days (and nights) we do!"-from the Foreword by Cindy Crawford" I love Dr. Weissbluth's philosophy that the most important thing to have is a well-rested family. And fortunately, thanks to this book, most days (and nights) we do!" - from the Foreword by Cindy Crawford

One of the country's leading researchers updates his revolutionary approach to solving--and preventing--your children's sleep problems Here Dr. Marc Weissbluth, a distinguished pediatrician and father of four, offers his groundbreaking program to ensure the best sleep for your child. In *Healthy Sleep Habits, Happy Child*, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles. This valuable sourcebook contains brand new research that - Pinpoints the way daytime sleep differs from night sleep and why both are important to your child- Helps you cope with and stop the crybaby syndrome, nightmares, bedwetting, and more- Analyzes ways to get your baby to fall asleep according to his internal clock--naturally- Reveals the common mistakes parents make to get their children to sleep--including the inclination to rock and feed- Explores the different sleep cycle needs for different temperaments--from quiet babies to hyperactive toddlers- Emphasizes the significance of a nap schedule- Rest is vital to your child's health growth and development. *Healthy Sleep Habits, Happy Child* outlines proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems "From the Trade Paperback edition.

Lays out a great sleep plan, but doesn't offer much troubleshooting help if your babies do not behave exactly as expected. Definitely lacking all the information provided in the original book (*Healthy Sleep Habits, Happy Child*), but that can be a good thing for exhausted parents of multiples.

I liked this book but I found it didn't ever give you an actual schedule to try out and that's really what i wanted. I instead ordered 12 hours by 12 weeks even though my twins were 7 months. They cater to multiples and had them sleeping in no time with a schedule and all.

Gave this as a gift to a first time twin mother.. She has been reading it and getting many ways at getting them to sleep at the same time.

Really love this book. Lots of helpful advice being a new mom to twins. Buy early as it basically starts from the first trimester and gives tips on what you should do during each trimester.

This book is terribly organized and contains very little straightforward sleep-training strategies.

Our twins are pretty good sleepers. This book validated what we are doing rather than offering anything really new. Would have liked more guidance on what to do if they are waking up rather than not going down to sleep

This book was just ok. If your twins are not your first babies it isn't all that helpful.

It was hard at first, but I LIVED by this book from DAY 1 (well, as soon as we got back from the hospital) and I have TWO AMAZING SLEEPERS!!! I could not recommend this book any more to parents of twins. If you only read ONE book, read THIS ONE!!!!Best of luck to you all! :)

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