



## **Baby Sleep Training Methods: How To Get Baby To Sleep Through The Night**

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Overwhelmed trying to find a way to get your baby to sleep through the night?

What if you could learn about baby sleep training methods without weeks of research?

Baby Sleep Training Methods is a the first guide of its kind – a crash course that introduces you to baby sleep training methods without any fluff.

What people love about Baby Sleep Training Methods

- Save time on researching and reading
- Helps you make an important decision balancing all your options
- Don't waste money on the books with methods that aren't right for you
- Don't wait days to get what you purchased

What's Covered

- What the experts say about sleep (sleep cycles, waking patterns, importance of biological rhythms)
- What is sleep training? (history, cultural variations, impact of electricity on sleep)
- The importance of sleep training (health, when it is safe to start)
- Fundamentals (routines, environment, eating, waking hours, drowsy signs, sleep patterns, soothing, crying, maintaining mamma's health, separation anxiety, teething, development milestones)
- What causes poor sleeping for babies?
- The Methods (cry-it-out or full extinction, modified cry-it-out, no tears, other)
- Compare and contrast the methods
- Key people who can help with sleep training your baby
- What are the disadvantages/dangers of sleep training? (sleep precautions, SIDS, emotional and psychological dangers)
- Why sleep training does not work for some babies and parents
- Reviews of sleep training methods and books available for parents and caregivers
- "The Baby Whisperer Solves All Your Problems" by Tracy Hogg
- "The No Cry Sleep Solution" by Elizabeth Pantley
- "The Sleep Easy Solution" by Jennifer Waldburger, Jill Spivack
- "Happiest Baby on the Block" by Harvey Karp
- "On Becoming Baby Wise" by Gary Ezzo
- "Healthy Sleep Habits, Healthy Child" by Marc Weissbluth
- "Touchpoints" by T. Berry Brazelton
- "Solve your Child's Sleep Problems" by Richard Ferber
- "Sleeping Through the Night" by Jodi Mindell
- "The Baby Sleep Book" by The Sears family
- "Bringing up bebe" by Pamela Druckerman
- What outside professional help is available for sleep training
- Support Resources: List and reviews of online communities

Plus you get these extra resources

- The Baby Sleep Dictionary - Every word, acronym, and abbreviation you need to know to become an expert in baby sleep
- Baby 20 - The 20 most fabulous Baby products recommended by Peanut Notes, better design, better performance, better shelf-life
- Sleep Tracking Charts - Some things are best tracked with paper and pencil, this chart gives you a framework to capture the most important information on day 1

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#### **Sharon Baker:**

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