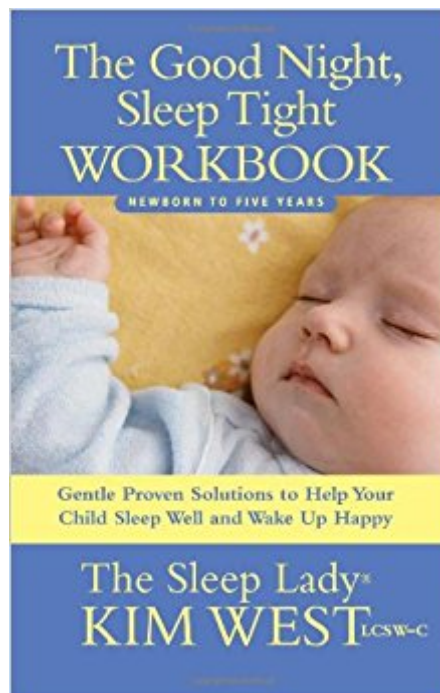


The book was found

Good Night, Sleep Tight Workbook: The Sleep Lady's Gentle Step-by-step Guide For Tired Parents



Synopsis

Good Night Sleep Tight Workbook is the essential companion to the best selling book, Good Night Sleep Tight, by The Sleep lady, Kim West. The book includes a step-by-step guide for parents, is organized by age and by process, and is the key to sleep coaching success. The Workbook can be used as a standalone guide; includes an essential to do list, sleep plans, tear out sleep logs, sleep manner sticker charts and a certificate of completion for celebrating success - all the essentials needed to help tired parents with children of any age who are experiencing sleep problems.

Book Information

Paperback: 120 pages

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Language: English

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ISBN-13: 978-0979824869

Product Dimensions: 0.5 x 6.2 x 9.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 44 customer reviews

Best Sellers Rank: #66,368 in Books (See Top 100 in Books) #11 in Books > Arts & Photography > Architecture > Landscape #38 in Books > Arts & Photography > Architecture > Urban & Land Use Planning #51 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

Customer Reviews

West clearly understands that sleep is a process, both for the parent and the child. Her techniques match what babies and toddlers need; gradual transitions, consistent responses from parents, and a sense of security; so that they can eventually sleep on their own. West provides novel advice and practical methods to help parents make the best sleep choices for their family. Maureen O'Brien, PhD, author, Watch Me Grow: I'm One, Two, Three; Bravo to Kim West who provides new parents with simple, practical tips to help their babies sleep through the night! Sleep is not a luxury; it's a medical necessity; especially for new parents. Kim carefully explains how one size doesn't fit all, and she compassionately encourages parents to find the route that works well for them. I highly recommend this book for the well-being of the entire family. Shoshana Bennett, Ph.D., author, Postpartum Depression For Dummies and Pregnant on Prozac

Thousands of parents have successfully used Kim West's methods by using her now classic The Sleep Lady's Good Night Sleep Tight. Many parents have asked her for a simple, easy-to-use companion to help them organize and apply The Sleep Lady's® method of helping their children learn to sleep. This companion workbook provides all the tools and tips from Kim's gentle and effective approach to putting babies and children, including her signature Sleep Lady Shuffle. With its easy-to-use and clear step-by-step format The Good Night Sleep Tight Workbook will help tired parents create and follow an effective sleep plan to achieve sleep success for babies and children of any age.

Very fast read and after 6 failed attempts at sleep training (CIO) our high needs, underweight, colic and BF babythe Sleep Lady was to the rescue! As a nurse, I couldn't allow my baby to CIO all night long and waste precious energy on screaming which is why CIO methods failed for us. Wish I would have read this BEFORE baby was born instead of 10 months later. Gentle sleep training for breast, bottle and cosleeping babies and children. The workbook even addresses medical issues and older children. It's a must for new, seasoned yet exhausted parents!

Honestly, this book does not contain any new information I had not already read in What to Expect the First Year or in parenting websites. My little one finally sleeps through the night, but this book played no role in that.

great book for sleep training.

Not super helpful for us

Has made a huge difference!! We were ready to pay to have a sleep specialist come in when I bought this and things drastically improved!

This book helped us sleep train our 9 month old within 2 weeks. We are all sleeping again! It saved our sanity!!

really gave a nice overview, I used the ideas prior along with the cry it out process. This has a lot of nice tips to use prior to putting them in the crib and time frame. Even though I didn't use the system

in the book, lots of great hints.

This book is the best. I was able to understand sleeping and eating schedules so much better with my baby. She finally has a schedule that works so well for her and it has made all of the difference

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