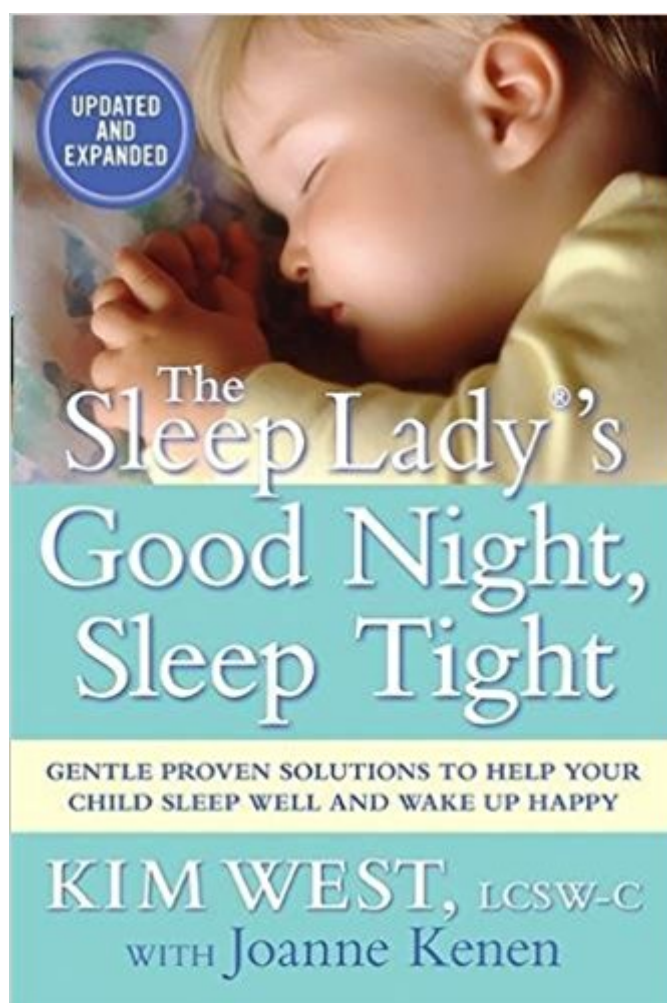


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# The Sleep Lady's® Good Night, Sleep Tight: Gentle Proven Solutions To Help Your Child Sleep Well And Wake Up Happy



## Synopsis

Kim West, LCSW-C, known to her clients as The Sleep Lady<sup>®</sup>, has developed an alternative and effective approach to helping children learn to gently put themselves to sleep without letting them "cry it out" – an option that is not comfortable for many parents. Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, *Good Night, Sleep Tight* offers a practical, easy-to-follow remedy that will work for all families in need of nights of peaceful slumber! New material and updates include:

- New research on pacifiers and SIDS, the impact of sleep deprivation on postpartum depression
- Additional guidance on feeding your baby and toddler and how feeding relates to sleep
- What you can do to improve your baby's sleep habits before 6 months
- New information on breastfeeding
- Preparing a sibling for the birth of a baby
- Creating a secure attachment with your baby while instilling healthy sleep habits for the family
- How to read your baby's cries

## Book Information

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## Customer Reviews

In this expanded edition, first published in 2004, child and family therapist West (aka The Sleep Lady) further explores the ways parents can teach their infants and toddlers the indispensable skill of falling and staying asleep. West has added the latest pediatric research on sleep safety, pacifier use, and breastfeeding, as well as expanded sections on toddler naps, interpreting newborn cries, and phasing out nighttime feedings. She has also included sections on bedtime baby yoga poses, a

chapter on room sharing and bed sharing (encouraging parents to carefully assess their attitudes before making a decision on whether to co-sleep) and postpartum depression. West eschews the cry it out approach, which may leave parents feeling guilty and exhausted. Instead, her Sleep Lady Shuffle is a gentle behavior modification technique that helps babies gradually master solo sleeping and self-soothing. The author covers such general sleep tips as creating a sleep-friendly environment and using loveys, and then offers individual chapters addressing various age groups from newborn to five; readers can readily find information pertinent to their particular child and situation. In this detailed guide, West advises parents to practice patience and consistency, and maintain a united front as they lull their baby into slumber land. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Father for Life “Right after ‘boy or girl?’ the next question new parents often hear is ‘How’s he sleeping?’ After going through Kim West’s painless, practical, and easy-to-implement program, they’ll be able to honestly answer, ‘Like a baby.’” —Maureen O’Brien, Ph.D., author of *Watch Me Grow: I’m One, Two, Three* “From yoga to co-sleeping to twins, West provides novel advice and practical methods to help parents make the best sleep choices for their family.” —Dr. David Kessler, Dean of the School of Medicine and Vice Chancellor for Medical Affairs at University of California, San Francisco (UCSF) “Parents and children alike should welcome this common sense, family-friendly guide to childhood sleep from birth to age five. This book will teach parents to gently start to shape a baby’s sleep in infancy, sparing them the months or even years of sleep-deprivation that so many families endure.” —Parenting magazine “GOOD NIGHT, SLEEP TIGHT is the first book of its kind to clearly explain why bedtime is such a challenge for so many kids and their parents, and to offer solutions that won’t torture anyone.” —Anthony E. Wolf Ph.D. Clinical Psychologist, author of *It’s Not Fair*, *Jeremy Spencer’s Parents Let Him Stay Up All Night!* and *Get Out of My Life but First Could You Drive Me and Cheryl to the Mall?* “A Parent’s Guide to the New Teenager” —Kim West and Joanne Kenen have written a book that can only be tremendously helpful for any parent. Ms. West has an amazing knowledge about children and sleep. She gives very specific, very clear and very do-able suggestions for virtually every sleep issue, and she knows what works. If a parent has a concern about any sleep problem with their child, this is the book that has the answers. I found it wonderfully helpful, and extremely readable.” —Howard Bennett, M.D., author of *Waking Up Dry: A Guide to Help Children Overcome Bedwetting* “A godsend for tired parents everywhere. I highly

recommend this book to the parents of infants and young children who have a problem sleeper on their hands. —Armin Brott, author of from the Foreword of GOOD NIGHT, SLEEP TIGHT, Faith A. Hackett, M.S. Fellow of the American Academy of Pediatrics, Courtesy Staff Physician, Johns Hopkins Hospital Staff Physician, Anne Arundel Medical Center —“For all the parents who have lost countless hours of sleep trying the tough love approach of letting the baby cry it out, this book comes as a wonderful, informative reprieve. I’ve been looking for a definitive how-to book on sleep that I can recommend without reservation. GOOD NIGHT, SLEEP TIGHT is that book. —

Bring up the subject of sleep training in a gathering of parents, and you’re sure to get an earful. There are strong and vehement opinions across the entire spectrum, from those who swear by the "cry-it-out" method to those who are all about cosleeping. Both sides are wont to claim you’re doing irreparable harm to your child if you don’t follow their method. It’s enough to drive a new parent, already desperate for a few hours (or years!) sleep to despair. Enter Kim West, with her no nonsense, clear headed approach to the problem. What I most appreciate here is her common-sense tone, with complete lack of guilt or shame for parents who just want to do what’s best for their child (ok, and maybe get some sleep, too!). She offers practical tips and suggestions for helping young children of all ages sleep. The book isn’t meant to be read straight through, and so is rather repetitive if you approach it that way. Instead, read her introductory material, then find the chapter that pertains to your child’s age. There are no magic bullets here, and no threats (direct or implicit) of harm to your child if you follow some other way. Just good advice. And she recognizes that each child and family situation is different. Highly recommended.

Our son slept great until about 4 months, and he became progressively more difficult to put down or soothe; he began to sleep for only 1.5 hour chunks (at the longest). Swaddled, co-sleeping, and being willing to bounce/rock/nurse all night didn’t get him sleeping. He’s 6.5 months old now, crawling & furniture-walking, and I think his high energy and early motility made it really hard for him to just settle and relax on his own without learning how. We read this book to gain a better understanding of how our son should be sleeping (how long and when his naps should be, how many total hours sleep he needed, etc.). I was REALLY horrified at the idea of letting our baby cry--babies cry because they need us, right? My husband and pediatrician suggested I sleep somewhere else while my husband "sleep trained" for a couple of nights. The first night he fussed (we agreed we would not let him bawl) for about 45 minutes with a few soothing words at 5-10

minute intervals and then slept for 8.5 hours. The second night, he went down without a peep and slept for 10.5 hours. We have found that checking on him when he's fussing and/or staying in the room with him while he's fussing is distracting for him; as long as he's not really crying, we let him soothe himself back to sleep while listening with the monitor. It's been a week, and while we are still struggling with the 3:30 a.m. - 6:00 a.m. fussiness some nights, he's doing so, so much better. (He has always been a fairly good napper, so we haven't used the book for that purpose. Just FYI.) Long story short--the book was well-written and informative. I think there are plenty of options for learning about what babies need in regards to sleep. It's really going to depend on the parents and the specific child as far as what actually works, but this book helped give us the background information and confidence we needed to make a change that's really made our little guy sleep better.

This book provided the structure we needed for our baby! Wish we had it from the beginning but at 8 months we got the Sleep Lady's book and she saved our sleep without the cry it out method with a loving approach. I recommend it to every new parent! It took a lot of hard work but she started sleeping through the night with in a few months of getting the book and she continues to sleep through the night & take her naps :)

I'm a first-time grandparent, and my daughter and and grandson live with me. And I've been stunned by the many resources available to new parents now, in contrast to when my children were little. It's such a richer world now, and wonderful information is so readily available. This book is a good example of that. The recommendations to help "shape" the sleep of a very young baby are wonderful. At three months, after being held and rocked into drowsiness, my grandson already falls asleep within minutes in his crib, holding his "lovey," at least once a day. True sleep training for him won't start for another month, but I feel we're on the right track to helping him acquire sleep patterns and habits that will serve him well for the rest of his life ... thanks to this book. Thank you, Sleep Lady!

We bought the book and the workbook during a desperate sleepless night when our son was 7 months old... The program itself works, maybe not perfect but enough to dramatically improve our baby's sleep. My issues with the books are: 1. The workbook is just an excuse to get more money out of people. Not necessary at all. 2. The way the books are written is pretty annoying... Too many personal stories that aren't informative enough. Trying to find a solution to a specific issue is difficult. 3. Not enough troubleshooting information. She could have put in many more questions and

answers about specific situations that would have helped a lot of people, but probably elected not to so people would either have to buy more books or pay the outrageous amounts the sleep trainers ask for...Overall I gave it 4 stars because the training works, but the book itself as a book is only 3 stars.And good luck to all sleepless parents out there!

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