

Sleepeasy Solution



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Two experts who are helping Hollywood's A-list babies get their zzz's share the no-fail, family-friendly method that has helped thousands of sleep-deprived moms and dads. Even Hollywood's biggest stars face the same dilemma as other parents do: "How do I get my child to sleep?" As parents in the know are finding, whether they're on the red carpet or the soccer field, the answer is the same: The Sleepeasy Solution. Psychotherapists and sleep specialists Jennifer and Jill, the dynamic "girlfriends" all of Hollywood calls on to solve Junior's sleep problems, have perfected their sleep technique that will get any child snoozing in no time-most often in fewer than three nights. The key to their method? It addresses the emotional needs of both the parent and child (yes, how to handle the crying)-a critical component of why most other sleep methods fail. In this much-needed, family-friendly guide, weary parents will learn to define their own individual sleep goals, those that work for their family's schedule and style. They'll create a customized "sleep planner" to ensure consistency with both parents as well as extended caregivers. (As an added bonus, they'll even improve the readers' relationships with their spouses with the "marriage-saver" section.) With comprehensive sections devoted to each stage of Baby's and Toddler's development, plus solutions to special circumstances like traveling, daylight saving's time, moving to a "big kid bed" and multiples, The Sleepeasy Solution is a dream come true "This approach was truly amazing in helping our family to thrive. . . . We are eternally grateful "-Ben Stiller and wife, Christine Taylor, actors "With their gentle approach, Sleepeasy gave us the tools we needed to solve our daughter's sleep problems."-Conan O'Brien, host of NBC's Late Night with Conan O'Brien "Sleepeasy gave us all the tools we needed to get our baby sleeping through the night. Now when we say good night to our daughter, we know it really will be a good night."-Greg Kinnear, actor

作者介绍:

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评论

挺详细的，提到不少可以参考的点，也很尊重每个家庭不同的决定。每个宝宝都不一样，每个家庭情况也不一样，怎样能让家长和宝宝都睡得舒心就怎样来。

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书评

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