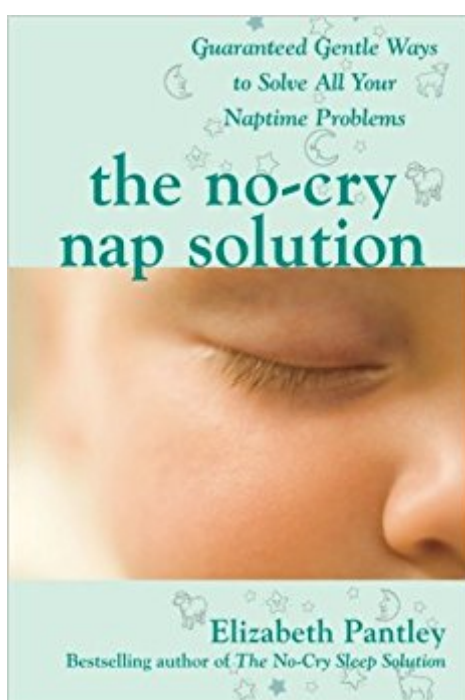


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# The No-Cry Nap Solution: Guaranteed Gentle Ways To Solve All Your Naptime Problems (Family & Relationships)



## Synopsis

Winner of Disney's iParenting Media Award for Best Product • Easy naptime solutions that really work--without any tears. • Kathy Lynn, President, Parenting Today • Naps: Children need them. Parents want them. Here are the tools to make them happen. • Maureen A. Doolan Boyle, Executive Director, MOST (Mothers of Supertwins), Inc. Does your child: nap only in your arms, a sling, a swing, or the car? require elaborate rituals before sleeping? get fussy, act cranky, or have tantrums due to lack of sleep? take very short naps--or none at all? Naps are important to a child's mood, well-being, and development. The No-Cry Nap Solution offers you a proven formula to allow your baby, toddler, or preschooler to get daily restorative rest. You'll learn gentle, loving, tear-free techniques, developed by world-renowned parenting expert Elizabeth Pantley and tested by hundreds of families around the world, guaranteed to help you: Convince any child to nap every day Effortlessly settle your child for naptime in his or her own bed Turn short, fitful naps into long, peaceful ones Establish a nap schedule that works for you and your child Easily adapt nap routines to your child's developing needs Confidently deal with sudden changes, nap strikes, and travel

## Book Information

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## Customer Reviews

Elizabeth Pantley's insights and practical strategies have helped countless parents around the world. Her ideas are easy to adopt in your home because they are based on common sense, science and the wisdom of experience. She deserves our thanks for providing reassurance and

everyday advice and for helping us to become more effective as parents. She inspires us to build homes filled with warmth, love, kindness and respect.~Â Tim Seldin President, the Montessori Foundation; Chair, The International Montessori Council, Â Â and author of How To Raise An Amazing Child

I thought I knew everything there was to know about naps, since I've written two other books about children and sleep, but I was shocked and amazed at the new information I discovered while writing this book. I set out on this venture knowing that parents struggle getting their children to nap. Everyone knows that children need naps, but the biological reasons behind this will convince you, without a doubt, that you should do everything you can to provide your baby or young child with daily nap time. It is common knowledge that when a child misses a nap he gets cranky, but you will be intrigued to learn the actual reasons why this happens.Â Â Naps take only a few hours of time, but naps - or lack of naps - shape all twenty-four hours of your child's day. Naps influence his mood, behavior, health, and even brain development. An appropriate nap schedule is a vital component for your child's healthy, happy life. When you consider all of this, you'll also understand that your child's naps - or lack of naps - can affect all 24 hours of your day, as well as your child's.Â This book will provide you with information about napping and an assortment of solutions that you can pick from to solve all your child's napping problems.

I really wanted this to work, of course it's going to take time. It's been about 6 weeks and she's getting a LITTLE better. I guess that's progress but is it because of all of this? Not sure. It was a good read and lots of great information. I would buy it again and I'm sure I'll read it again. Get it and see what you think, it's worth a shot and it's well written. Elizabeth Pantley is very non judgmental and helpful. I'm just not sure that having a clingy child who sleeps very light and has excellent hearing is addressed as well as I would have liked to see. :)

Book has a lot of great points and examples for what to do if you don't want your baby to cry. I think it is good for everyone, every child is different but this book has a lot of helpful information for a parent to know.

This book was wonderful for me. I had known that I should set up a schedule and routine but failed to do so as my son was falling asleep easily as an infant. At 3 1/2 to 4 months of age things changed. This was the same time that I was starting to work from home and therefore not paying as

much attention to his subtle signs. To say the least, he became an unhappy baby because he was always sleepy and it was impossible to get him to sleep because his body was so out of sorts. And if you did get him to go down for a nap it would only be for about 10-15 minutes. I was at my wits end. This book gave me many ways of solving the problem. I do agree, that these methods took a lot of effort but I don't see any method not taking considerable time once you have reached the stage that we were at. I spent two weeks of really working at it and he now sleeps like a champ. He goes down easily and sleeps for hours. At night he is not nearly as fussy because he isn't exhausted. I'm so happy with my purchase of this book

As a new mother this book was a great help! It also helped me understand certain behaviors of my baby and I can do to have more patience when your mood is unusual. Now I know the importance of maintaining the schedule for my baby naps and plans need to make changes in my day. It's hard to establish a routine that depends on my baby. But at the end of the day is always worth

Gave lots of advice that I would've never thought of on my own. I used to have to nurse to sleep every nap and every night, now she cries if I even attempt that. It's a miracle.

I'm not a fan of cry it out methods- my heart can't take it. This book provided me with great alternative tips and some support. I've lent this book out to other struggling moms and they end up ordering it themselves. Book contains tips for helping your little one sleep better and educates you on how to read your baby's cues. It's been invaluable information with my two children.

With my husband watching our child in the day and me at night, we could not get a system down that would work. Her naps have never been good and she refuses the bottle in favor of the breast. As she has gotten older, it has just gotten worse. We have given up on this method. The book had good information in regards to why sleep is so important for babies but we could not get any of the suggestions to work for her.

My son and daughter-in-law were having a problem putting baby to sleep. Thanks to this book. Now they are having a happiest baby on the block.

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