



# Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family

*Diane Wiessinger, Diana West, Linda J. Smith, Teresa Pitman*

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***Sweet Sleep* is the first and most complete book on nights and naps for breastfeeding families. It's mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research.**

It's 4 A.M. You've nursed your baby five times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. *Sweet Sleep* is within reach. This invaluable resource will help you

- sleep better *tonight* in under ten minutes with the Quick Start guide—and sleep safer *every* night with the Safe Sleep Seven checklist
- sort out the facts and fictions of bedsharing and SIDS
- learn about normal sleep at every age and stage, from newborn to new parent
- direct your baby toward longer sleep when he's ready
- tailor your approach to your baby's temperament
- uncover the hidden costs of sleep training and “cry it out” techniques
- navigate naps at home and daycare
- handle concerns from family, friends, and physicians
- enjoy stories and tips from mothers like you
- make the soundest sleep decisions for your family and your life

## **Advance praise for *Sweet Sleep***

“Chock-full of advice and information . . . The editors smartly break the information into digestible bits organized by topics and age ranges. And for any parent desperate for an uninterrupted few hours of sleep, the advice is worth the read. *Sweet Sleep* includes extensive information on creating a safe sleep space, helping children learn to sleep on their own and defusing criticism of your family's choices. . . . This book is nothing but supportive of whatever your choices are about nursing and sleeping.”—**BookPage**

“An essential guide for parents . . . detailed, practical advice on bed sharing and breast-feeding, with basic guidelines for safe bed sharing outlined in seven steps.”—**Publishers Weekly**

*From the Trade Paperback edition.*

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Are you kind of hectic person, only have 10 or maybe 15 minute in your moment to upgrading your mind proficiency or thinking skill even analytical thinking? Then you are having problem with the book when compared with can satisfy your small amount of time to read it because pretty much everything time you only find book that need more time to be examine. Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family can be your answer given it can be read by you who have those short spare time problems.

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#### **Lula Estes:**

Is it anyone who having spare time after that spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family can be the reply, oh how comes? The new book you know. You are and so out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these guides have than the others?

#### **Michael Hansen:**

Reading a guide make you to get more knowledge from this. You can take knowledge and information from a book. Book is prepared or printed or descriptive from each source in which filled update of news. With this modern era like right now, many ways to get information are available for you actually. From media social like newspaper, magazines, science publication, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Do you want to spend your spare time to open your book? Or just trying to find the Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family when you needed it?

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