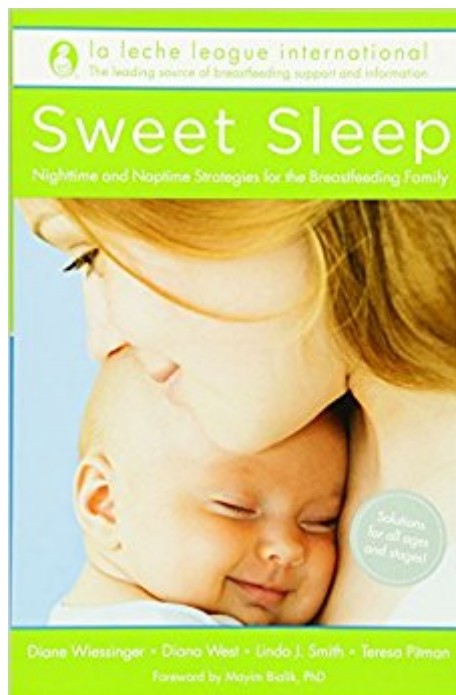




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# Sweet Sleep: Nighttime And Naptime Strategies For The Breastfeeding Family



## Synopsis

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 to 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

## Book Information

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## Customer Reviews

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La Leche League International is the most trusted name in breastfeeding information, support, and advocacy. Founded in 1956 by seven intrepid women, La Leche League now has more than 7,000 accredited leaders in sixty-eight countries, and offers phone, online, and in-person consultation to breastfeeding mothers.

I was terrified of bedsharing, but this book will give you the steps and confidence to do it safely. No more waiting, exhausted, for your little one to finish eating and close his eyes, only to have him wake up as you try to transfer him to the crib or cosleeper. Learn the simple steps to safe bedsharing, and you can get some rest! Finally!

We good info about sleep, but the quick start guide to getting more sleep tonight is really just a how to on starting to bedshare. If you already do that, it's worthless and will not get you more sleep tonight! Glad I read it but not sure I would buy it again, in hindsight.

Gave me a lot of confidence about cosleeping when the world was telling me I was doing something

wrong.

My 8 month old is one of those wake up every two hours babies and my husband and I didn't want to let him cry it out. This gave me the confidence to try bed sharing and it has helped. He still wakes up on the same frequency but it's not as disruptive to my sleep schedule since I can adjust him to nurse and then doze back to sleep. The book also gives information about sidecar beds which is I'd like to try with our next child. Also, the book goes into good detail about what the real SIDS risks are.

So happy to have this book as a reference after struggling with putting the baby down to sleep anywhere besides next to me. He would wake up every single time. After no sleep for a week, my lactation consultant suggested bedsharing. We've been sleeping peacefully ever since. This book has helped reassure me that it is ok to bedshare and that it makes sense for a breastfeeding mother to do so.

Bought this book for my wife. It is reassuring and helpful to find that other persons parent as we do. This book was written without judgment and gobs of support. Highly recommend it to anyone breastfeeding a newborn and beyond.

I think I bought this book hoping there was going to be some ground breaking idea on finding sleep with my baby. While there was no single idea that changed everything, several things used together from this book have changed the way we sleep for the better. Since no idea is a bad idea when you are in sleep deprivation mode, I absolutely think this book is worth a read.

Quickly learning safe bed sharing was invaluable to me, as I was not prepared to do so upon bringing new baby home and I quickly felt unsafe in other scenarios while very tired. The tips they give should be more widely distributed to new moms I think. However, like most LLL material it is rather one sided. Fortunately they state at the beginning to take what you like and leave the rest.

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