



The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years

Harvey Karp

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America's favorite pediatrician, Dr. Harvey Karp, now focuses his unparalleled knowledge, experience, and insight on solving the #1 concern of parents everywhere: sleep. With *The Happiest Baby Guide to Great Sleep*, Dr. Karp—arguably the world's foremost parenting expert and bestselling author of *The Happiest Baby on the Block* and *The Happiest Toddler on the Block*—offers invaluable tips on how to help your newborn, infant, or toddler get the rest they need, while debunking some of the most widely held myths about babies and sleep. Dr. Karp's advice has already be sought after by some of Hollywood's brightest stars—including Michelle Pfeiffer, Pierce Brosnan, and Madonna—and now his *The Happiest Baby Guide to Great Sleep* can help anyone guide even the most resistant small child gently toward wonderful, restful, healthful slumber, so that mom and dad can enjoy a good night's sleep themselves!

The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years Details

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Leanna says

I'm very fond of Dr. Karp - his suggestions in The Happiest Baby on the Block worked like magic for getting our little newborn calmed down and asleep. So I was pretty excited to learn he also has a sleep book - because when your four month old suddenly decides to sleep like a newborn again, you need all the magic you can get!

And, well, this isn't magic. I'm beginning to think there is no magic. At all. Anywhere. Ever. But maybe that's the sleep deprivation talking.

At any rate, this book is fine - a lot of the suggestions are the same as those found in other sleep books. And, although Dr. Karp is pretty adamantly against CIO, he didn't strike me as too overly opinionated or judgmental which, in the world of parenting advice books, gets him at least three stars from me. Don't make me feel bad about my parenting and I'll at least "like" you. The bar is low people.

UPDATE for 15 months: we came back to this during another bout of sleep regression and I must say, Dr. Karp does provide a myriad of ideas to try. Don't know if any of them are going to work but it feels nice to at least have a plan to try!

Jen says

OK, in a nutshell you have to wake your baby up a little after feeding so he can learn to put himself to sleep. But what if your baby ALWAYS moves around and wakes himself up once you wake him up for that split second? What then, Doctor Smartypants?

Elvira says

The book covers sleeping techniques to help your baby form good sleep habits. I found this book had some good techniques, though they were the same ones that the nurses at the hospital kept saying. Though it was nice to get a better understanding on what the techniques are mimicking and why they worked. I did feel the books is very redundant, continually refereeing back to the same 5 techniques to found in dvd by this author and probably anything else the author has written. So, do you need to read the whole book, probably not. A quick skim will give you all you need. And no, you do not need to by the author's CD of ambient noises, even though they rant against white noise machines, my little doesn't seem to hear any difference. My advice, is take this and any other baby parenting books with a grain of salt, or treat it as you do all the other advice given by your friends and family. Try it if you think it may work, but in the end do what works for your baby and yourself.

Angela Elmer says

Just started using the suggestions in this book. My 9mth old was getting up every hour to nurse back to sleep and we were Co sleeping. I wanted to get him in his crib and get him sleeping thur the night. So far so good, it's only been three days but he went from every hour waking and needing to be rocked or nursed back to sleep to only needing a pat on the back twice in the night. That is pretty amazing we'll see how long it will take to get him sleeping all night

Jen Kayna (Habitat for Happiness) says

Full of great advice for parents searching for a peaceful yet effective sleeping solution.

Tova says

This book teaches parents to ignore their children's cues from infancy through toddlerhood and try to force babies to sleep all night before they are developmentally ready for it. It should be subtitled, "How to Ruin Your Milk Supply." Following the tactics in this book will most likely sabotage breastfeeding relationships and make parents wonder why they don't know what their babies need...after learning to ignore all their cues and teaching the babies to shut down, not calm down, from being shaken and scared by loud noises. Here's a great review of Dr. Karp's methods:
<http://www.regardingbaby.org/2012/05/...>

Karp even says, from pages 88-89: "When you place her in the crib--swaddled and with the [white noise at the intensity of a shower] playing--*jiggle her to wake her up a tiny bit*. [...] However, if she starts crying when you wake her, pat her back (like a tom-tom drum) or give the crib a fast, one-inch jiggle for thirty seconds to reset the *calming reflex*. If she keeps fussing, pick her up to calm her...*but be sure to wake her again when you put her back down*. **I know you're probably thinking, Are you out of your mind? There's no way I'm going to wake my sleeping baby!** [bold emphasis mine, throughout the review] But this is one of the most important tips I can teach you! These few seconds of drowsy waking are essential for teaching your baby how to self-soothe. Practice this now and I promise you that within a few weeks, you'll get a *huge* reward: your little friend will become much better at getting herself back to sleep (as long as she's not hungry or uncomfortable."

How will that teach her to sleep? I wouldn't want to be woken up every time I fall asleep with my parents, and then shaken like a martini or patted like a drum!

Page 187 talks about the "longer and longer" approach. "You might worry that showing your face will only make your infant cry more. But the goal is to teach her that you love her and care about her feelings, *but that you've made a clear decision not to come in and relent to her unreasonable demand. Resist the temptation to stay too long. [...]Expect the first night to be rough. You'll have to toughen your heart a little.*" And then, because he cares more for your neighbors than your "little friend," he says, "**Warn your neighbors about your plans, so they don't get worried and call the police!** (Offer to loan your neighbors a white noise CD to help them sleep through the crying.)"

Karp claims 30-40% of parents who cosleep have a problem, which means **60%-70% DON'T have a problem**. And if so many people are cosleeping without a problem, then isn't that normal sleep? Page 137: "Another study found that while many families loved bed-sharing, **30-40%** felt it was a problem for their child and family. They got into the habit only because they didn't know how else to settle their infant. And

the same study found that parents who bed-shared were three times more likely to say they had significant stress in their marriage. So feel free to make the decision that is right for your family, but please do it safely."

Swaddling is also not good for babies. <http://www.nancymohrbacher.com/blog/2...>

For more baby-friendly, toddler-friendly and breastfeeding-supportive information about sleep, please check out these resources and find your local La Leche League group (by clicking "resources" on www.LLLi.org)!

<http://kellymom.com/parenting/nightti...>

<http://kellymom.com/parenting/nightti...>

<http://www.uppitysciencechick.com/nig...>

<http://cosleeping.nd.edu/safe-co-slee...>

<http://www.ibfan.org/art/bb53.pdf> by Helen Ball of ISIS & Durham U Parent Infant Sleep Lab

<http://www.kellymom.com/store/handout...>

<http://www.kellymom.com/parenting/sle...>

<http://kellymom.com/parenting/nightti...>

<http://www.bestforbabes.org/booby-tra...>

<http://www.cdph.ca.gov/programs/wicwo...>

<http://kellymom.com/parenting/parenti...>

<http://kellymom.com/bf/normal/frequen...>

Chelsea Keane says

I thought this was a great overview of the most common sleep training techniques, from the no cry approach all the way to the full on extinction method, and spoke to which babies may do best with which training. It also gave good overall sleep routine tips. I especially liked how Dr Karp kept it simple, clear and concise .

Jerzy says

Haven't read the whole book, just skimmed it looking for advice on (1) ways to fix sleep-onset associations that aren't "cry it out" variants, and (2) encouraging a toddler to stay in his bed now that he's too big for a crib to hold him.

I like Karp's tone and advice generally, although like his other books, this one seems too repetitive on the stuff I don't need, and too skimpy on the specific details I *do* need.

Pages 258-261 (and elsewhere) describe toddler-specific ideas: longer-and-longer cry-it-out (Ferberizing), and pick-up/put-down (or Karp's variant with a cringe-worthy name, "twinkle interruptus," on p.255 and p.275).

But what we ended up doing was closer to his p.283 advice on weaning away from bed-sharing. Start by staying next to the child's bed until they fall asleep. Then every few nights, move farther away at bedtime, until you're outside the door as they fall asleep. This seems to be working so far. He does actually fall asleep in his own bed now---we'd tried Ferber / cry-it-out before, and he'd just fall asleep by the door, blocking it (so we couldn't even try to move him into his bed without waking him). And he doesn't *always* self-soothe in the middle of the night, but it's happening much more often than it used to.

Katie says

I got some really good tips on how to make bedtime and even quiet time a smoother routine at our house. Since I'm not a fan of the cry it out method, I appreciated that he had a lot of other techniques that could be used as sleep training methods instead.

Anna Brown says

great ideas not only for sleep but also daytime

Amanda says

This is the first sleep book I've read so all of the ideas were new to me and there were many to choose from. Basically he says the same few things again and again: swaddle, use loud white noise, up the amount of daytime calories, make sure baby gets plenty of daylight and exercise, and teach patience. Good info, but I honestly felt like it was very redundant after only reading half of the book.

Kate says

Some good advice, too repetitive, and a little condensing

Kristīne Butlere Peslaka says

Šī grāmata patika labāk nekā Džeinas Fordas AM dienas ritms. Autors pats ir bērnu ārsts un iesaka galvenokārt tīrāni un baltā trokšņa izmantošanu zīdaiņu midzināšanai (spilgtā tīrāni palikušie līdzekļi no 5 solu ieteikuma) un laicīgu gatavošanos gulētāšanai ar apgaismojuma, dažādu traucēkļu k? TV vai saldumi izslēgšanu un v?l dažus knifīnus liel?ku bērnu sald?ka miega veicināšanai.

Jenna says

The part explaining about the logistics of sleep is informative but this author drove me a little crazy. He really liked adding the word super to any word as a prefix when it should have been an adjective or adverb, which was superannoying. Don't get me started on his "Owie technique" (which involves band aids on your jammie shirt to tell baby he can't nurse?) oops, I got started.... But seriously!. My five month old doesn't recognize a band aid and even if she did she wouldn't notice it in the pitch black of 3 a.m. Kind of weird. Did I give it three stars? I must be feeling supergenerous this morning.

Katrina McBride says

All of these books seem to repeat the same basic info, but wow do I hate this style of writing.
