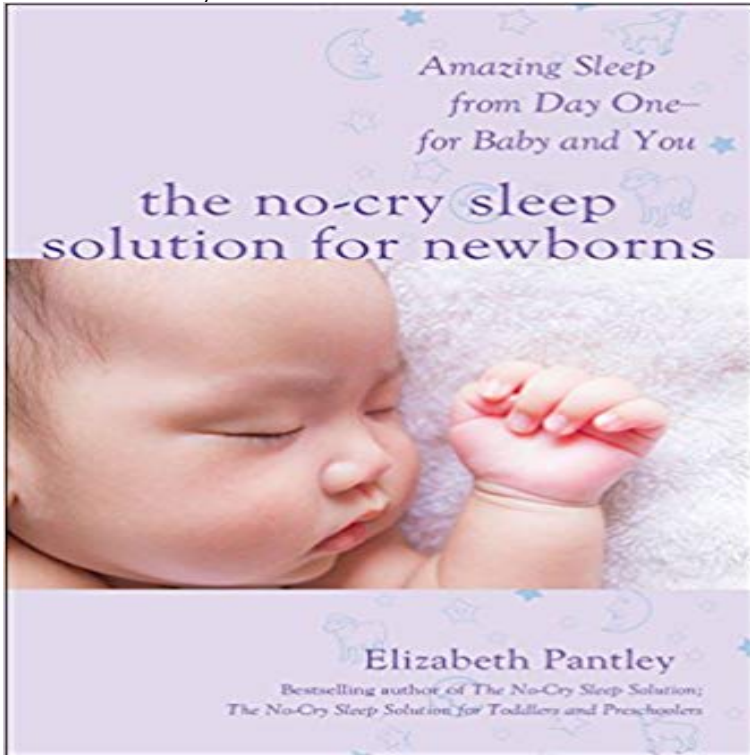


The No-Cry Sleep Solution for Newborns: Amazing Sleep from Day One - For Baby and You



Yet again, Elizabeth Pantley spins her baby magic! She towers above her competitors by showing us what babies really need, and how best to give it to them. She manages to teach us how to take advantage of our own infants innate capacities to sleep, but while doing so, reminds us to be open to the messages our babies whisper to us.~ James J. McKenna, Ph.D. Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame Expectant and new parents, take heed! This is the one sleep book you need to read. It will set a pattern not only for better sleep, but also for a healthy, nurturing relationship with your children for a lifetime to come.~ Nancy Peplinsky, Ph.D. Founder, Holistic Moms Network Expert advice on getting the best possible sleep during the newborn months You have a newborn, so sleep is impossible, right? Wrong! In the womb, babies sleep up to twenty hours per day. Clearly newborns dont need to be trained how to sleep - they know how, and theyve had plenty of practice. So why do most parents have trouble getting their newborns to sleep? Elizabeth Pantley, a world-renowned expert on childrens sleep, created this guide to explain the ways we unintentionally prevent an infants natural sleep to occur, and to teach us the simple but powerful ways to maximize our newborns naps and nighttime sleep. Once youve learned the 15 Keys to Amazing Newborn Sleep youll easily make adjustments to how you treat your babys sleep. You dont have to keep logs nor follow schedules or rules. Just by being aware of this information you will do things to improve sleep that you wouldnt have known to do otherwise. With The No-Cry Sleep Solution for Newborns, you will learn: the things that trick us into disrupting a babys sleep? how to identify the perfect moment for a nap? ways to create a sleep-inducing environment ? tips to reduce the number of night wakings?

how to set the stage for great sleep throughout babyhoodThe No-Cry Sleep Solution for Newborns was field-tested by 122 test families with newborns. Their input refined the ideas to make them easy to understand and follow - by even the most sleep-deprived parent. When you apply these Keys you can help your baby sleep well and peacefully. And guess what? When your baby sleeps - you will, too!

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