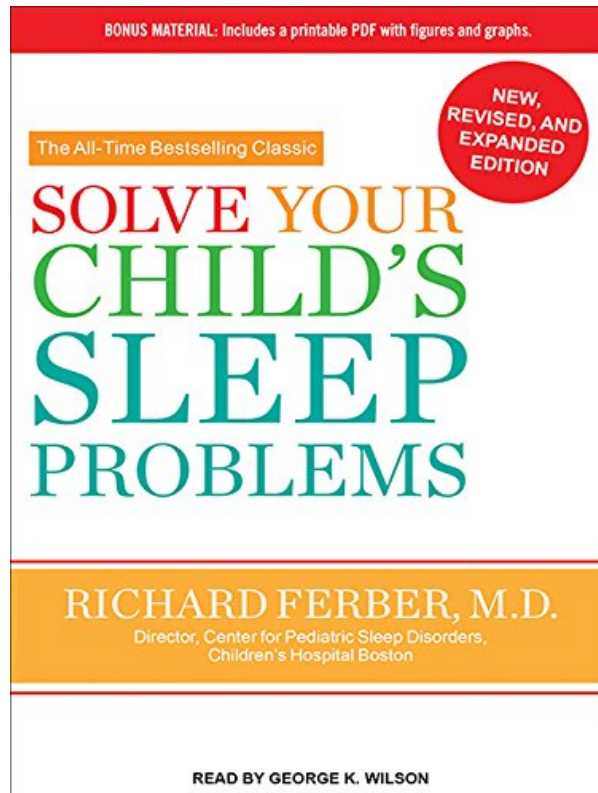


SOLVE YOUR CHILD'S SLEEP PROBLEMS BY RICHARD FERBER M.D.



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SOLVE YOUR CHILD'S SLEEP PROBLEMS

RICHARD FERBER, M.D.

Director, Center for Pediatric Sleep Disorders,
Children's Hospital Boston

READ BY GEORGE K. WILSON

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Review

"A practical, informative and sensitive guide." ---Booklist

About the Author

The author of *Solve Your Child's Sleep Problems*, Richard Ferber, M.D., is the director of the Center for Pediatric Sleep Disorders at Children's Hospital Boston.

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SOLVE YOUR CHILD'S SLEEP PROBLEMS BY RICHARD FERBER M.D. PDF

Does your child: Have difficulty falling asleep? Wake in the middle of the night? Suffer sleep terrors, sleepwalking, or nighttime fears? Have difficulty waking for school or staying awake in class? Snore, wet the bed, or head bang? In the first major revision of his bestselling, groundbreaking classic, Dr. Richard Ferber, the nation's foremost authority on children's sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day. Incorporating new research, Dr. Ferber provides important basic information that all parents should know regarding the nature of sleep and the development of normal sleep and body rhythms throughout childhood. He discusses the causes of most sleep problems from birth to adolescence and recommends an array of proven solutions for each so that parents can choose the strategy that works best for them. Topics covered in detail include: Bedtime difficulties and nighttime wakings Effective strategies for naps Sleep schedule abnormalities A balanced look at co-sleeping New insights into the nature of sleep terrors and sleepwalking Problems in setting limits Sleep apnea, narcolepsy, bed-wetting, and head banging Solve Your Child's Sleep Problems offers priceless advice and concrete help for a whole new generation of anxious, frustrated, and overtired parents.

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Most helpful customer reviews

1101 of 1169 people found the following review helpful.

True "attachment" parenting

By J & A

My wife and I tried for a while the ideas presented in the "no-cry sleep solution" without success. After months of lots of cry and no-sleep problems (both for our son and for ourselves), I decided to read Ferber's book. Because we were concerned about the "cry-it-out" method, I also did some research on what is known in the scientific literature. Here is a summary of my findings:

1- there are several published studies showing that cry-it-out (extinction) and graduated extinction methods are effective in solving sleep problems. Almost no controlled and detailed scientific studies support the "no-cry sleep solution" methods.

2- there is no hard evidence that letting your child cry-it-out causes long-term problems (unless you're ignoring real medical problems).

3- there is evidence that a child's sleep deprivation leads to impaired cognitive development.

4- cold-turkey cry-it-out (extinction) requires more maintenance than graduated extinction, the method proposed by Ferber.

5- Parents using graduated extinction to solve their child's sleep problems bond with their child more than parents whose child does not sleep through the night (true attachment parenting).

The above considerations led my wife and I to try Ferber, since it is in our son's best interest that he sleeps well. I should emphasize that Ferber does not support the "cold turkey" cry-it-out method, where you just let the child to cry to sleep. Instead, he supports the periodic check and reassurance of the child, to let him/her know that you're there for them (graduated extinction).

Ferber's book was very easy to read, even for a tired parent. I followed his recommendation, and read the whole book before attempting any treatment. This was very important to us, as we found out that our 9-month old son was eating too much at night, causing his sleep problems. After keeping a log of our sons sleep, we followed Ferber's treatment for night eating, and then we changed his sleep associations. Now, for the first time, our baby slept almost 10 hours in a row.

Here is how I would summarize the pros and cons of Ferber's book:

Pros: easy to read; works; not judgmental on parents expectations and capabilities; supported by scientific research; not a cold-turkey cry-it-out method.

Cons: Not for everybody (some parents are unable to let their child cry, even for a minute, without consoling them);

Bottom line: Solving your child's sleep problem is in your child's best interest. You need to make sure that your child does not have any medical problems (our son had reflux, and we had to solve it before we approached his sleeping problems). You also need to make sure you have the right diagnosis of the sleep problem before attempting a treatment, and this requires reading most of the book.

Update: Since we started using Ferber's two months ago, our son sleeps for about 10 hours in a row, and he is clearly a happier child. When we put him to sleep, most of the time he doesn't cry at all, and when he does, he usually cries for less than a minute.

Update: I just stumbled upon a nice website that has interesting information about the science of sleep (among other things). If graduated extinction is not for you, they do have other suggestions that are gentler and that seem to work well. Here is the link:[...].

656 of 695 people found the following review helpful.

The review I never thought I'd give

By RKelly922

I never thought I'd say this, but I'm here to say, I think the book 'Solve Your Child's Sleep Problems' (aka Ferber Method, "Cry It Out" Method) is the most misunderstood book out there! Here's my story:

JP is my first baby. I thought I would be a 100% "attachment mom". I've read Dr. Sears books and I definitely thought that this was the parenting style for me (and still do in most aspects) I was NEVER going to be one of "those moms" that let their baby cry themselves to sleep. The thought of "crying it out" made me feel so bad - I didn't want MY baby to think I had just abandoned him to sleep alone. So for the first 6 months, I rocked, cuddled and fed JP to sleep (and enjoyed every minute of it!). We definitely formed that strong attachment I was waiting for. This worked great for us both - at first. He was sleeping through the night around 8 weeks and kept it up until around 4 months. Then he started fighting bedtime and was waking very, very frequently. Unfortunately, it wasn't just me he was attached to - he was also attached to his bottle and rocking chair! Nothing we did could get him back to sleep - short of feeding/rocking. Even that only lasted a short time, we were getting up several times a night and everyone in the house was exhausted - baby included. I would love to always rock and cuddle my baby to sleep but it was starting to create problems. :(

I was desperate to do anything. I read the No Cry Sleep Solution, Sleep Lady Book, everything I could get my hands on. All of these things had valid points - they just didn't seem to be working for me! Finally, I broked down and read the Ferber book - Solve your Child's Sleep Problems. Like I said before, I did not set out to be a CIO mom. Not only did I not want to do it, I didn't think it would work! JP seems to be very strong willed (already! oh boy!) and before, even the times I tried to let him "fuss/cry it out" he never seemed to back down or even get remotely calmer. But upon reading the first chapter I could tell that this book was sorely misunderstood. Dr. Ferber came across very knowledgeable and compassionate and really explained baby sleep patterns. There was a whole chapter dedicated to Sleep Associations (which is what JP had with rocking/bottles) and how to break them. He really broke it down and had very understandable analogies that made me think of things completely differently. (i.e. What if you fell asleep and woke up in the middle of the night in a completely different spot of the house? It'd probably upset you and prevent you from going right back to sleep! (Like when babies fall asleep in your arms and wake up in their crib)) CIO isn't the only sleep method used in the book either. So after completely reading the book we went for it. I was still very scared because I had heard horror stories of babies crying it out for hours and I just KNEW I wouldn't be able to handle that and be consistent. I read that nights 1-3 are the hardest so I braced myself and gave it a go.

NIGHT ONE: MUCH better than expected! I still rocked him and read to him but instead of letting him fall asleep in my arms, I put him in his crib awake. Of course he complained and protested but he definately wasn't hysterical. I kissed him and left the room. I returned to comfort him (but not pick him up) after 1 minute (this let him know I didn't abandon him). Left again, returned after 3 minutes, left again, returned after 5 minutes. After 24 minutes he was asleep. He woke a few times during the night, but to my surprise he went right back to sleep after I rubbed his back for a few seconds and gave him a kiss.

NIGHT TWO - he didn't cry when I put him in his crib, but after about 5 minutes he started fussing. He fussed for 11 minutes (with me going in to console him after 3 minutes). AND he slept through the ENTIRE night again - not even a peep!

NIGHT THREE - he cried for 6 minutes (with me going in to console him after 5) and he slept through the whole night again! He's been sleeping great ever since! Even naps are so much better!

So although the method is called "Cry it out" I will say that in my experience, there wasn't too much crying involved. I will admit, it was very hard that first night to hear him cry - but since I was going in to console him every few minutes, I knew he wasn't truly hurt - just annoyed at me for changing up the routine. I kept telling myself - "I'm doing this so he can get a better nights sleep!" Upon reading the book, it made so much more sense to me and I never once interpreted it as being cruel. The fact that I was going back to him after every couple minutes made us BOTH feel so much better.

Sorry this is so long - I just really wanted to get this all out and to share my experience with anyone else who may be going through sleep regressions and unsure of the CIO method.

282 of 301 people found the following review helpful.

I wanted to be a Sears mom, but Ferber is what worked for us

By Anne Moss

I want to reassure parents who feel Ferber is cruel. Ferberizing was our last choice. We tried nursing/rocking to sleep and co-sleeping first. I knew Ferber would work because so many parents had said so; but at what cost?, was my strong feeling. We finally turned to Ferber after the other two methods failed us. With nursing to sleep, our 7-month-old baby would wake up and wail as soon as we place him in the crib; we would repeat this cycle for hours each night, which exhausted everyone and deprived him of time he should have spent sleeping. With co-sleeping, he didn't cry but slept on my schedule (ie, way shorter hours) and showed fatigue and stress because of that. That was actually the worst in terms of the baby being tired during the day. And I slept badly because I was so aware of him next to me (important, but my sleep is not the first priority, his is). With Ferber's method, he cried 35 minutes the first night, 5 minutes the second, 15 the third, and less than one minute last night. Each day I scrutinize him for any signs of trauma, alienation, any problem, and he is as happy and engaged as ever, and clearly not tired the way he used to be. It is unbelievably hard to not respond to your baby's cries, that's for sure. But you have to make up your own mind on how to handle this universal problem. Sears parents sometimes go a little nuts: I know babies who still nurse all night at age 2 years, who have never tasted solid food, their moms are zombies and dad sleeps on the couch. But I know they are doing what they feel is best for their families. The bottom line is every parent is trying to do what's best, we each make different choices, and we should respect each others choices. But one more benefit of Ferber--it is so fantastic to have some quality time alone with my husband again each night. You need to keep investing in your spouse too; not just in baby. Good luck to all!

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