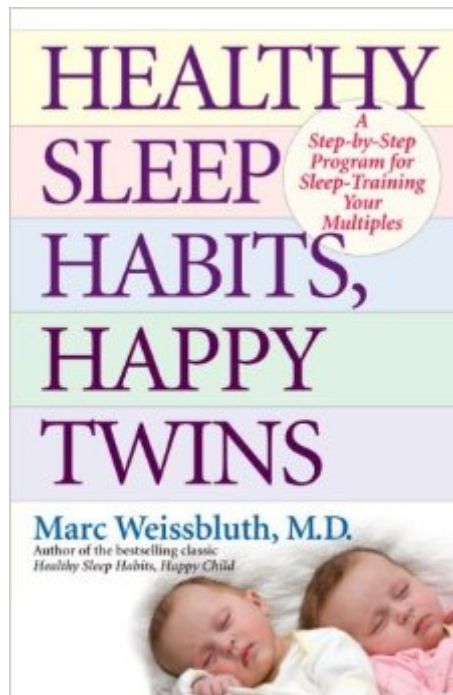


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# Healthy Sleep Habits, Happy Twins: A Step-by-Step Program For Sleep-Training Your Multiples



## Synopsis

From one of the nation's most trusted experts on children's bedtime and nap time comes a new guide for sleep-training twins so that everybody (including Mom and Dad) will be rested and happy! As parents of twins and multiples know, double the fun can be double the sleep deprivation. Now, in *Healthy Sleep Habits, Happy Twins*, beloved pediatrician and renowned sleep authority Dr. Marc Weissbluth combines specialized advice for parents of twins with his tried-and-true sleep-training methods to show exhausted moms and dads how to get their babies to sleep on their own, stay asleep, and sleep regularly. This essential step-by-step guide to establishing good sleep patterns reveals how to build healthy habits in twins' natural slumber cycles, including how healthy sleep differs from "junk" sleep, plus a helpful tutorial on the techniques of sleep training for new parents, the five ingredients of healthy sleep, and why daytime sleep is different from nighttime sleep but equally important to good health, why it's crucial for babies to master the ability to fall asleep unassisted, without protest or crying, and how to help them do so, essential tips for synchronizing your twins' sleep schedules, plus information about how twins sleep best, "when to keep them together, and when it's time to separate them" how to recognize early drowsy cues in your babies so you can catch the sleep wave before it turns into nervous energy that will keep them awake. Sleep-training twins presents a unique set of challenges. This invaluable guide will not only get your babies to sleep through the night but help you stay healthy and rested so you can enjoy the many blessings of having more than one!

## Book Information

Paperback: 192 pages

Publisher: Ballantine Books; 17634th edition (June 9, 2009)

Language: English

ISBN-10: 0345497791

ISBN-13: 978-0345497796

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (109 customer reviews)

Best Sellers Rank: #11,901 in Books (See Top 100 in Books) #10 in Books > Parenting & Relationships > Family Relationships > Siblings #16 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #83 in Books > Parenting & Relationships > Parenting > Early Childhood

## Customer Reviews

The follow-up Healthy Sleep Habits, Happy Twins is a good resource to a parent of twins, offering practical advice for handling your multiples with a nice balance of confidence and humility. I had a singleton first, and we used the Healthy Sleep Habits, Happy Child book to sleep train her. (Sleep train is a harsh description as it invokes images of a screaming baby and stressed parents but this is NOT how I'd describe this method) Because I had previous experience with the Weissbluth method we had an advantage in sleep training our twins. I found while the twins' book offered some practical detail about twin infants, and dealing with common concerns related to prematurity, it lacked the detail of its predecessor, Healthy Sleep Habits, Happy Child. The Weissbluth method focuses almost entirely on the premise that rested babies sleep better. You need to toss out the age old notion that if you keep your baby up, they will sleep longer and better at night. This simply is an old wives tale not unlike putting cereal in your infant's bottle. Weissbluth focuses on preventing bad habits from starting and getting your baby down in their crib sleepy but awake and allowing them to drift off to sleep by themselves. I was skeptical at first, particularly because he says that babies can't comfortably stay awake for more than 90 minutes. BUT ITS TRUE, after 90 minutes all of my children reach a state of irritability, where they seem to want to nurse and be cuddled. With my first child I mistook this cue to mean that she was hungry. I was nursing her every 90 minutes when I should have been napping her. All in all I HIGHLY recommend the Healthy Sleep Habits method, but I suggest the parent of multiples buy the original book, Happy Child, and skip Happy Twins.

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