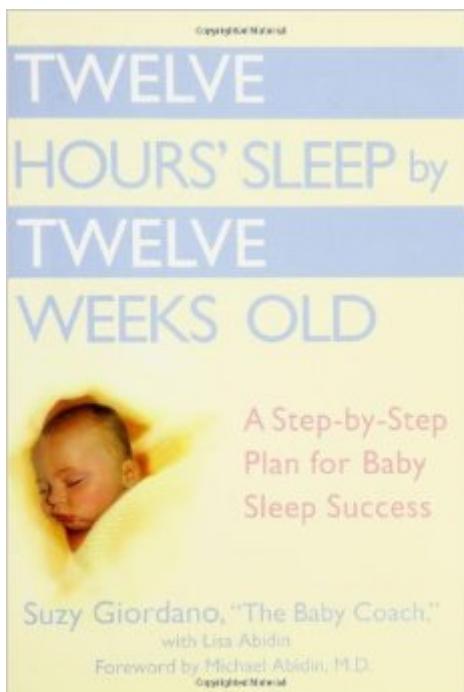


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# Twelve Hours' Sleep By Twelve Weeks Old: A Step-by-Step Plan For Baby Sleep Success



## **Synopsis**

There is no bigger issue for healthy infants than sleeping through the night. In this simple, straightforward book, Suzy Giordano presents her amazingly effective "Limited- Crying Solution" that will get any baby to sleep for twelve hours at night and three hours in the day by the age of twelve weeks old. Giordano is the mother of five children and one of the most sought-after baby sleep specialists in the country. The Washington Post calls her a baby sleep "guru" and "an underground legend in the Washington area for her ability to teach newborns how to achieve that parenting nirvana: sleeping through the night." Her sleep plan has been tested with singletons, twins, triplets, babies with special needs, and colicky babies and it has never failed. Whether you are pregnant, first-time parents, or parents who seek a different path with your second or third child, anyone can benefit from the Baby Coach's popular system of regular feeding times, twelve hours of sleep at night and three hours of sleep during the day, and the peace of mind that comes with taking the parent and child out of a sleep- deprived world.

## **Book Information**

Hardcover: 160 pages

Publisher: Dutton; 3rd Edition edition (January 19, 2006)

Language: English

ISBN-10: 0525949593

ISBN-13: 978-0525949596

Product Dimensions: 5.4 x 0.8 x 7.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars (See all reviews) (394 customer reviews)

Best Sellers Rank: #2,164 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #23 in Books > Parenting & Relationships > Parenting > Early Childhood

## **Customer Reviews**

My day care provided me this book when my baby at 5 months old was still waking to breastfeed twice at night (hey, I thought that was actually pretty good as she'd go to sleep at 7, eat at 1 and 5 am and wake at 7) I read through this initially with an open mind but anyone who has experience in breastfeeding would know that this book provides terrible advice, esp. for a breastfeeding mother. It alarms me that this book is popular. Breast milk is digested more quickly than formula and for this reason, breastfed babies eat more often, and they are often much older when they sleep through

the night. Furthermore, the books talks about minutes of breastfeeding and decreasing the min. of breastfeeding at night until your baby doesn't want it anymore. First off, minutes in breastfeeding do not correlate to a specific amount of milk - the author clearly has no idea about this! If you are having a let down, the baby could get 2 ounces in a minute or nothing if let down hasn't started. Further, by 6 months, my baby was super-efficient and could easily empty a breast in under 3 minutes. Third, if you stop a baby mid-way through a feeding they will not get the proper balance of milk (fore and hind milk). If you do not fully empty your breast, less milk will be made by your body and your supply will be impacted (not to mention you supply will be impacted by waiting to feed every 4 hours). She addresses NONE of these issues in her book which indicates, she has not researched how her routine could affect the breastfed baby and mother. I understand that many mothers are tired. Yes, it is terrible, but if you think about it, your children are infants for such a short period of time in your life and one day, you will sleep again.

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