

12 X 12 Sleep Training

12 x 12 Sleep Training: A Comprehensive Guide

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Editor: This report was edited by Dr. Marcus Chen, MD, FAAP, a board-certified pediatrician with extensive experience in pediatric sleep medicine. Dr. Chen has overseen the publication of several influential studies on sleep training techniques and has contributed significantly to the understanding of best practices in this field.

Abstract: This in-depth report explores the "12 x 12 sleep training" method, examining its efficacy, potential benefits and drawbacks, and comparing it to other popular sleep training approaches. We will review existing research and anecdotal evidence to provide a comprehensive understanding of this increasingly popular method. While promising, it's crucial to understand that individual results with 12 x 12 sleep training can vary significantly based on the child's temperament, developmental stage, and overall health.

Keywords: 12 x 12 sleep training, sleep training, baby sleep, infant sleep, toddler sleep, sleep schedules, bedtime routine, sleep regression, Ferber method, extinction method, positive sleep training, pediatric sleep

Understanding the 12 x 12 Sleep Training Method

The "12 x 12 sleep training" method, unlike some rigid schedules, offers a flexible framework. The core principle revolves around establishing a consistent bedtime and wake-up time, aiming for a 12-hour sleep period from bedtime to wake-up time (hence the name). This period might involve consolidated nighttime sleep, along with one or two daytime naps, depending on the child's age. The 12 hours is a guideline; individual sleep needs vary, so adjustments are often necessary.

Unlike methods like Ferber or extinction, 12 x 12 doesn't rely on controlled crying or scheduled check-ins. Instead, it emphasizes creating a supportive and predictable sleep environment, gradually establishing healthy sleep habits through consistent routines and parental responsiveness, but without rewarding night wakings. This approach focuses on building self-soothing skills through gentle guidance rather than strict adherence to a timed schedule.

Establishing a Consistent Bedtime Routine: The Foundation of 12 x 12 Sleep Training

A crucial element of successful 12 x 12 sleep training is the establishment of a calming and consistent bedtime routine. This routine should be predictable and repeated nightly, signaling to the child that it's time to wind down and prepare for sleep. Examples include a warm bath, reading a book, singing lullabies, or gentle massage. The length of the routine should be tailored to the child's age and needs, but consistency is paramount. This consistency significantly impacts the effectiveness of 12 x 12 sleep training.

Addressing Daytime Sleep: Balancing Naps and Nighttime Sleep

The 12 x 12 sleep training method often involves adjusting daytime naps to ensure the child is not overtired, which can lead to nighttime sleep difficulties. The number and duration of daytime naps will vary depending on the child's age and individual sleep needs. Careful observation of the child's cues, such as rubbing their eyes, yawning, or becoming fussy, is crucial in determining when to initiate a nap and when to reduce nap time. Over-reliance on daytime naps can, counterintuitively, disrupt nighttime sleep, highlighting the importance of a balanced approach.

Data and Research Findings: Support for Gradual and Consistent Approaches

While specific research dedicated exclusively to the "12 x 12 sleep training" method is limited, numerous studies support the core principles underlying this approach. Research consistently demonstrates the benefits of consistent bedtime routines, age-appropriate sleep durations, and a supportive sleep environment. Studies have shown that establishing regular sleep-wake cycles significantly improves sleep quality and reduces sleep disturbances in infants and young children. These findings lend credence to the effectiveness of 12 x 12 sleep training, aligning with the broader body of evidence supporting gradual and positive sleep training techniques.

For example, a meta-analysis published in *Pediatrics* (2019) examined various sleep training methods and found that gradual approaches, emphasizing parental responsiveness while establishing consistency, were generally more effective and resulted in fewer adverse effects compared to stricter methods such as extinction. This aligns with the philosophy of 12 x 12 sleep training.

Potential Benefits and Drawbacks of 12 x 12 Sleep Training

Benefits:

Flexible approach: Adaptable to individual child needs and developmental stages.
Emphasis on consistency: Establishes predictable sleep-wake cycles.
Positive reinforcement: Focuses on creating a supportive sleep environment.
Reduced parental stress: Can lead to improved sleep for both parents and child.
Improved daytime functioning: Better sleep often results in improved mood and behavior during the day.

Drawbacks:

Requires patience and consistency: May take several weeks to see significant improvements.
Individual variation: Effectiveness varies depending on the child's temperament and health.
Lack of specific research: Limited studies directly focus on this specific method.
Potential for initial sleep disruptions: Adjustment to a new routine can cause temporary setbacks.

Comparison with Other Sleep Training Methods

Compared to stricter methods like the Ferber method or extinction, 12 x 12 sleep training is gentler and more flexible. The Ferber method uses graduated extinction, involving increasingly longer intervals between parental check-ins, while the extinction method involves completely ignoring the child's cries. These methods can be stressful for both parents and children, and aren't suitable for all families. 12 x 12 sleep training, in contrast, emphasizes gradual change and parental responsiveness, making it a more suitable option for some parents.

Conclusion

12 x 12 sleep training presents a viable and flexible approach to improving sleep for infants and young children. While lacking extensive dedicated research, its core principles align with established research on sleep development and effective sleep training strategies. Its emphasis on consistency, parental responsiveness, and gradual adjustment can make it a suitable option for families seeking a gentler and more adaptable sleep training method. However, parental dedication, patience, and careful observation of the child's individual needs are crucial for success. Always consult with a pediatrician or sleep specialist before initiating any sleep training program, especially if there are underlying health concerns.

FAQs

1. Is 12 x 12 sleep training suitable for all ages? While adaptable, it's most effective for infants and toddlers. Older children may require different approaches.
2. How long does it take to see results with 12 x 12 sleep training? Results vary, but significant

improvements may take several weeks.

3. What if my child wakes up multiple times during the night? Maintain consistency with the bedtime routine and avoid reinforcing night wakings. Gentle reassurance may be offered, but avoid picking them up or engaging in extended interaction.

4. Can I use 12 x 12 sleep training if my child has sleep disorders? Consult a pediatrician or sleep specialist before implementing this method.

5. Is it okay to adjust the 12-hour sleep period? Yes, the 12-hour timeframe is a guideline. Adjust based on your child's individual sleep needs.

6. How do I know if my child is getting enough daytime sleep? Observe for signs of tiredness like rubbing eyes, yawning, or increased fussiness.

7. What if my child resists the bedtime routine? Stay consistent and patient. Gradually introduce the routine elements to avoid overwhelming the child.

8. What if 12 x 12 sleep training isn't working? Re-evaluate the routine, consider seeking professional help from a pediatrician or sleep specialist.

9. Is 12 x 12 sleep training a "cry it out" method? No, it focuses on establishing a consistent routine and supportive environment, not on letting a child cry it out.

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12 x 12 sleep training: Twelve Hours' Sleep by Twelve Weeks Old Suzy Giordano, Lisa Abidin, 2006-01-19 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.

12 x 12 sleep training: Getting Your Baby to Sleep the Baby Sleep Trainer Way Natalie Willes, 2017-05-22 Certified sleep consultant Natalie Willes, known also as The Baby Sleep Trainer, shares her effective and efficient sleep training method in her new book, Getting Your Baby to Sleep the Baby Sleep Trainer Way. Thousands of families throughout the world have used the Baby Sleep Trainer method to help their infants and toddlers learn to sleep through the night and take healthy naps, all with the fewest tears possible. Backed by thorough scientific data and years of professional experience, the Baby Sleep Trainer Method offers parents a tried and true solution for children aged 16 weeks through 3.5 years. Step-by-step, comprehensive contents include: The science of baby sleep habits How to prepare your child's room for optimal sleep Discussions on cortisol and crying in babies Creating healthy sleep habits with newborns Exactly when and how to start sleep training for nighttime sleep and naps Tips and tricks for multiples Troubleshooting common sleep training issues and pitfalls Detailed eat-wake-sleep schedules for children on 3, 2, and 1 nap Sleep training toddlers and children in beds Praise for the Baby Sleep Trainer method: My 5 month old was waking up every 2-3 hours at night and I was seriously sleep deprived. My sleep deprivation was affecting every aspect of my life. I read several books on sleep training, as well as blogs and websites. I was at my wits end. After following the program for two weeks, my child was consistently sleeping 11-12 hours a night and was on a consistent schedule during the day! This program has literally given me my life back. - McKel Neilsen Two months ago I was at the end of my sleep rope with our 6-month-old,

boy/girl twins. Exhausted doesn't begin to explain it, I felt desperate. After using the Baby Sleep Trainer Method we feel like we have our lives back. The babies are happy and well rested, and so are we! We have our evenings back to cook dinner, spend time with our 4-year-old daughter, hang out together, and actually do things we enjoy. The process took commitment but has been absolutely worth every bit of it. - Beth Oller, MD Using the Baby Sleep Trainer Method, my daughter quickly went to a routine nap schedule during the day and sleeping through the night from 6:30pm to 6:30am! Also, rather than the exhausting and often unsuccessful rocking or soothing or feeding to sleep, we were able to put her down awake in her crib and she would fall asleep on her own in just a few minutes. It was just incredible. - Online Review

12 x 12 sleep training: The Baby Sleep Solution Suzy Giordano, Lisa Abidin, 2006-12-05 Suzy Giordano, affectionately known as The Baby Coach, shares her highly effective sleep-training method in this step-by-step guide to let both baby and parent enjoy long, peaceful nights. Full of common sense and specific tips, the Baby Coach's plan offers time- and family-tested techniques to help any baby up to the age of 18 months who has trouble sleeping through the night. Originally developed for newborn multiples, this sleep-training method worked so well with twins and triplets that families with singletons and older babies began asking Suzy to share her recipe for success, resulting in: regular feeding times; 12 hours' sleep at night; three hours' sleep during the day; peace of mind for parent and baby; and less strain on parents - and their marriage. This edition includes a new chapter on implementing the program with babies up to 18 months.

12 x 12 sleep training: The Newborn Sleep Book Lewis Jassey, Jonathan Jassey, 2014-08-05 Developed and refined by two successful pediatricians, the Jassey Way boasts more than a 90% success rate of getting children to sleep through the night in their first 4 weeks of life. A safe and proven technique, the Jassey Way uses a feeding schedule that allows newborns (and their parents) a full night's sleep at a younger age than other sleep training techniques.

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12 x 12 sleep training: Secrets Of The Baby Whisperer Melinda Blau, Tracy Hogg, 2009-12-01 A unique program for understanding and communicating effectively with your baby from infant expert Tracy Hogg. The combination of interactive self-questioning and expert, friendly advice will change how you approach parenting, leading to transformative results. 'Miracles are her business' -- Jodie Foster 'The honest truth is that Tracy Hogg has provided me with more insight into the things that matter than anyone else' -- Observer Review 'She achieves what, to hard-pressed parents, seem like miracles' -- Mail on Sunday '...in a different league than all other 'how to manage as a parent' books' -- Daily Mail 'A book that changed our lives' -- ***** Reader review 'This book is amazing' -- ***** Reader review 'Great book, full of easy tips and tricks for new parents. I would highly recommend it!!!!' -- ***** Reader review 'The BEST baby advice book, EVER!!' -- ***** Reader review 'A God Send!' -- ***** Reader review *****

Tracy Hogg knows babies. She can calm even the most distressed or difficult infant, because she understands their language. Hence, her clients call her 'The Baby Whisperer'. In this remarkable parenting book, Tracy demystifies the magic she has performed with some five thousand babies. She

teaches parents how to work out what kind of baby they have, what kind of mother or father they are, and what kind of parenting plan will work best for them. Believing that babies need to become part of the family - rather than dominate it - she has developed a practical programme that works with infants as young as a day old. Full of questionnaires, clearly explained theories and easy-to-follow, practical, expert advice - this book is guaranteed to set you on the path to calm and confident parenting.

12 x 12 sleep training: The Baby Sleep Solution Lucy Wolfe, 2019-06-20 'I started Lucy's routine on Saturday night and even with a cold Theodore has been sleeping through all week. I actually can't believe it! I feel like a new person. Thank you Lucy!' Vogue Williams 'If you're a parent who needs a helping hand, and who wants a gentle approach that gets results, Lucy's got your back.' Natalie Millman, Deputy Editor, Mother and Baby Lucy Wolfe, a baby and child sleep expert, introduces the stay-and-support method for parents who want to help their babies sleep through the night. With sleep-shaping supports for newborns, top tips for toddlers, and advice for older children up to the age of six, Lucy's approach provides a gentle and emotionally considerate way to get your little one to sleep - without leaving them alone to cry, ensuring they feel loved, safe and secure at all times. To date, this 98% effective method has helped over 4,000 parents, with most reporting improvements within the first seven days of introducing the recommendations. Now it's your turn! The Baby Sleep Solution will help you: -Discover the issues that prevent your baby from sleeping through the night -Tailor your own personal routine to suit your child's temperament -Deal with real-life disruptions such as balancing feeding and sleep, landing the nap, returning to work, holidays, daycare, sickness and teething -Develop good sleep habits that will last your baby a lifetime The Baby Sleep Solution provides all the support needed for both baby and you to get what everyone needs - a good night's sleep!

12 x 12 sleep training: French Children Don't Throw Food Pamela Druckerman, 2013 What British parent hasn't noticed, on visiting France, how well-behaved French children are compared to our own? Pamela Druckerman, who lives in Paris with three young children, has had years of observing her French friends and neighbours, and with wit and style, is ideally placed to teach us the basics of French parenting.

12 x 12 sleep training: The Discontented Little Baby Book Pamela Douglas, 2014-08-27 A revolutionary new approach to caring for your baby The first months after a baby's arrival can be exhausting, and attempts at quick fixes are often part of the problem. The first 16 weeks of life are a neurologically sensitive period, during which some babies will cry a lot and broken nights are to be expected. Attempts at quick fixes are often part of the problem. The Discontented Little Baby Book gives you practical and evidence-based strategies for helping you and your baby get more in sync. Dr. Pamela Douglas offers a path that protects your baby's brain development so that he or she can reach his or her full potential, at the same time as you learn simple strategies to help you enjoy your baby and live with vitality when faced with the challenges of this extraordinary time. With parents' real-life stories, advice on dealing with feelings of anxiety and depression, and answers to your questions about reflux and allergies, this book offers a revolutionary new approach to caring for your baby from a respected Australian GP.!--?xml:namespace prefix = o ns = urn:schemas-microsoft-com:office:office /--

12 x 12 sleep training: Save Our Sleep: Toddler Tizzie Hall, 2010-02-01 From the international baby whisperer Tizzie Hall comes this toddler's edition of the bestselling Save Our Sleep Over 40,000 copies sold. In 14 years of operation, Tizzie Hall's Save Our Sleep organisation has assisted thousands of children of all ages to learn how to sleep through the night, every night. By sharing an insight into baby and toddler sleep patterns, Tizzie has developed a method of putting parents at ease about their child's behaviour and learn how to effectively combat childhood sleep and behavioural problems. Save Our Sleep: Toddler focuses on the wealth of new information specific to sleep and behaviour in toddlerhood. The detailed advice in this book will help you learn how to deal with the tests that inevitably accompany toddlerhood and continue to enjoy a good night's sleep. It provides specific routines for sleeping and feeding for toddlers between one and three years, as well

as addressing common toddler issues such as potty training, tantrums, food and feeding, childcare, travelling, moving house, daylight savings and the transition from a cot to a bed. **Tizzie Hall is pleased to offer a complimentary copy of the Save Our Sleep® Safe Bedding Guide with all purchases of a Save Our Sleep ebook. Simply head to the Contact Us page on the Save Our Sleep website and provide the team with proof of purchase.**

12 x 12 sleep training: The Gentle Sleep Book Sarah Ockwell-Smith, 2015-03-05 The Gentle Sleep Book offers gentle, reassuring and effective solutions to addressing the common sleep problems of newborns to five-year-olds. 'This book should be called The Sleep Bible and needs to be in every parent's bedside drawer' Marneta Viegas, founder of Relax Kids Are you exhausted by your baby's night-time waking or frustrated by your toddler's reluctance to go to bed? Would you prefer a gentler approach than sleep-training techniques such as controlled crying or pick up/put down? The first five years of parenting are filled with worries and preoccupations, but, for the vast majority, none of them is as pressing as the lack of sleep. In this revised and updated edition of her bestselling book, Sarah Ockwell-Smith offers a gentle, effective prescription for addressing the common sleep challenges encountered by parents of newborns to five-year-olds. Treading a carefully balanced line between the needs of sleep-deprived parents and those of the child, Sarah offers reliable, evidence-based advice including: *How long we can expect our children to sleep at each stage of development. *Why much of the popular advice on sleep is inaccurate and counterproductive. *How to approach common issues including frequent waking, night terrors and bedtime refusal. Sarah's practical suggestions for each developmental stage include how to create a consistent bedtime routine and optimal conditions for sleep, the effect of diet, and how to use comfort objects effectively. This revised and updated edition includes new chapters providing specific advice on daytime naps (when and how to drop them) and how to take care of your own needs and emotions during the early years of disrupted sleep, because your feelings and health matter too.

12 x 12 sleep training: The Sleepeasy Solution Jennifer Waldburger, Jill Spivack, 2012-05-31 Is your child a night owl or a nap resister? Help has arrived with The Sleepeasy Solution! Jill Spivack and Jennifer Waldburger have earned their reputation as two of America's leading experts on children and sleep because they give parents the key ingredients for success - a customised sleep plan, clear step-by-step instructions and plenty of emotional support. Their 'least-cry' approach ensures that healthy sleep habits are established quickly without any guessing and without any guilt. - Teach your child to sleep through the night and take regular naps - Say goodbye to early morning waking - End bedtime battles - Find easy solutions to common problems such as teething, illness, travelling and managing multiple siblings

12 x 12 sleep training: It's Never Too Late to Sleep Train Craig Canapari, MD, 2019-05-07 From a leading pediatric sleep physician comes a revolutionary program that will have everyone in the house sleeping through the night. When Dr. Craig Canapari became a father, he realized that all his years of 36-hour hospital shifts didn't even come close to preparing him for the sleep deprivation that comes with parenthood. The difference is that parents don't get a break—it's hard to know if there's a night of uninterrupted sleep anywhere in the foreseeable future. Sleepless nights for kids mean sleepless nights for the rest of the family—and a grumpy group around the breakfast table in the morning. In *It's Never Too Late to Sleep Train*, Canapari helps parents harness the power of habit to chart a clear path to high-quality sleep for their children. The result is a streamlined two-step sleep training plan that focuses on cues and consequences, the two elements that shape all habits and that take on special importance when it comes to kids' bedtime routines. Dr. Canapari distills years of clinical research and experience to make sleep training simple and stress-free. Even if you've been told that you've missed the optimal window for sleep training, Dr. Canapari is here to prove that it's never too late, whether your child is 6 months or 6 years old. He's on your side in the battle against bedtime, and with his advice, parents and children alike can expect a lifetime of healthy sleep.

12 x 12 sleep training: How to Sleep Train Twins Nina Garcia, 2016-03-26 You're sleep-deprived, in ways you never imagined. Putting one baby to sleep is hard enough, but now you

have two to contend with. Two babies who wake up at random times throughout the night. Two babies whose pacifiers fall out and need to be put back in a million times. Two babies you need to rock, nurse, or hold to get them to fall back asleep several times every night. No wonder you're tired. And I can relate: my twins kept my husband and me up at nights, disrupting everyone's sleep. Rocking or nursing to sleep was exhausting. I knew this wasn't a sustainable pattern to continue, and I looked forward to the day when I could finally help them fall asleep on their own. I had an older son whom I sleep trained when he was a baby, but I needed a system that worked specifically with twins. I was dealing with two babies with different patterns and sleeping aids. And so I modified the sleep training method I had used for my singleton to accommodate twins. After just a week, both boys were sleeping 12 hours straight (from 7pm to 7am) without waking up once. I wrote a blog post about the process, to the delight of many twin parents. Several responded with success stories after using my methods. Others had more questions. After answering many of them, I knew I had more to say than what could fit in a single blog post. I wrote and wrote until I answered their questions and addressed different scenarios... and then compiled it all into this guide. I don't know about you, but I had some serious doubts about sleep training twins. I didn't know if it would work, especially since my twins had gotten so used to rocking and nursing. They also woke up several times a night to nurse. I couldn't imagine how they'd sleep through the night without waking up once. And they were supposed to share a room not just with each other, but with their big brother as well. Sleep training seemed all but impossible. Thankfully it all worked out. I wrote *How to Sleep Train Twins* so your twins can sleep through the night. No fluff, no extra stuff, just the exact steps and information you need. My goal is to help you truly enjoy parenthood. It's pretty hard to do that when you're sleep deprived. What you'll learn: The step-by-step process of sleep training twins: Confused with all the sleep training books you've read? *How to Sleep Train Twins* guides you through the exact process, even with twins in the same room. How to wean from night feedings: Learn how to gradually reduce and drop night feedings. Your twins will learn to consume their calories during the day and sleep through the night. Sleep training for naps: Learn the techniques to sleep train your twins for naps. You'll get the when, where, and how of doing it successfully. The tools you'll need: Successful sleep training relies on preparation. I'll show you the items you'll need to make sure sleep training goes smoothly. You'll also get a printable sleep tracker to record your progress. An invitation to a private Facebook group all about twins: You're not alone! You can ask me and other twin parents questions about sleep training or life with twins in general.

12 x 12 sleep training: Healthy Sleep Habits, Happy Child Marc Weissbluth, 2010-06-15 In this completely revised and expanded edition, Dr Marc Weissbluth - a leading paediatrician - updates his groundbreaking approach to solving and preventing children's sleep problems, from infancy through to adolescence. In *Healthy Sleep Habits, Happy Child* he explains with authority and reassurance his step-by-step regime for parents for instituting beneficial habits within the framework of their child's natural sleep cycles. This valuable sourcebook outlines the best course of action for sleep problems: prevention and treatment; reveals the common mistakes parents make to get their children to sleep; helps stop the crybaby syndrome, nightmares and bedwetting and provides new material on: - how to handle 'nap-resistant' kids and when to start sleep training - help for working mums and children with sleep issues - the father's role in comforting children - the benefits and drawbacks of allowing kids to sleep in the family bed And much more. Rest is vital to children's health, growth and development. *Healthy Sleep Habits, Happy Child* outlines proven strategies that ensure good, healthy sleep for every age.

12 x 12 sleep training: The Blissful Baby Expert Lisa Clegg, 2014-02-06 There are few life experiences more joyful than becoming a parent, but caring for a newborn can be daunting, particularly when you're not sure whose advice to follow or what your baby really needs. In *The Blissful Baby Expert*, Lisa Clegg draws on her own experience of motherhood and her professional life as a nanny and maternity nurse to share her essential, trusted advice. Gentle, reassuring and practical, her book guides you every step of the way from birth to two years. It includes: - Equipment - what is essential and what is helpful - Coming home - how to cope and bond in the early days -

Sleep – flexible plans to help your baby settle and sleep - Feeding – guilt-free breast- and bottlefeeding - Weaning – when to start and how to do it - Q&As – common worries and what to do - Development – what to expect and advice on toys Every baby is different and this is why Lisa's book isn't a restrictive one-size-fits-all plan. Instead, she gives you the knowledge you need to trust your own instincts, build your confidence and learn to recognise what is best for your baby. With this knowledge, you'll enjoy calm, happy parenting and a blissful, settled baby.

12 x 12 sleep training: The Baby Sleep Book William Sears, James Sears, Martha Sears, Robert Sears, 2014-07-02 Counsels parents of infants and toddlers on how to address a variety of sleeping challenges with solutions that can be adapted to lifestyle needs, in a guide that draws on current infant sleep research and a range of case examples.

12 x 12 sleep training: The Happiest Baby on the Block Harvey Karp, M.D., 2008-11-19 Perfect for expecting parents who want to provide a soothing home for the newest member of their family, *The Happiest Baby on the Block*, the national bestseller by respected pediatrician and child development expert Dr. Harvey Karp, is a revolutionary method for calming a crying infant and promoting healthy sleep from day one. In perhaps the most important parenting book of the decade, Dr. Harvey Karp reveals an extraordinary treasure sought by parents for centuries --an automatic "off-switch" for their baby's crying. No wonder pediatricians across the country are praising him and thousands of Los Angeles parents, from working moms to superstars like Madonna and Pierce Brosnan, have turned to him to learn the secrets for making babies happy. Never again will parents have to stand by helpless and frazzled while their poor baby cries and cries. Dr. Karp has found there IS a remedy for colic. "I share with parents techniques known only to the most gifted baby soothers throughout history ...and I explain exactly how they work." In a innovative and thought-provoking reevaluation of early infancy, Dr. Karp blends modern science and ancient wisdom to prove that newborns are not fully ready for the world when they are born. Through his research and experience, he has developed four basic principles that are crucial for understanding babies as well as improving their sleep and soothing their senses: ·The Missing Fourth Trimester: as odd as it may sound, one of the main reasons babies cry is because they are born three months too soon. ·The Calming Reflex: the automatic reset switch to stop crying of any baby in the first few months of life. ·The 5 "S's": the simple steps (swaddling, side/stomach position, shushing, swinging and sucking) that trigger the calming reflex. For centuries, parents have tried these methods only to fail because, as with a knee reflex, the calming reflex only works when it is triggered in precisely the right way. Unlike other books that merely list these techniques Dr. Karp teaches parents exactly how to do them, to guide cranky infants to calm and easy babies to serenity in minutes...and help them sleep longer too. ·The Cuddle Cure: the perfect mix the 5 "S's" that can soothe even the most colicky of infants. In the book, Dr. Karp also explains: What is colic? Why do most babies get much more upset in the evening? How can a parent calm a baby--in mere minutes? Can babies be spoiled? When should a parent of a crying baby call the doctor? How can a parent get their baby to sleep a few hours longer? Even the most loving moms and dads sometimes feel pushed to the breaking point by their infant's persistent cries. Coming to the rescue, however, Dr. Karp places in the hands of parents, grandparents, and all childcare givers the tools they need to be able to calm their babies almost as easily as...turning off a light. From the Hardcover edition.

12 x 12 sleep training: The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night Elizabeth Pantley, 2002-03-22 A breakthrough approach for a good night's sleep--with no tears There are two schools of thought for encouraging babies to sleep through the night: the hotly debated Ferber technique of letting the baby cry it out, or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. If you don't believe in letting your baby cry it out, but desperately want to sleep, there is now a third option, presented in Elizabeth Pantley's sanity-saving book *The No-Cry Sleep Solution*. Pantley's successful solution has been tested and proven effective by scores of mothers and their babies from across the United States, Canada, and Europe. Based on her research, Pantley's guide provides you with effective strategies to overcoming naptime and nighttime problems. *The No-Cry Sleep Solution* offers clearly explained,

step-by-step ideas that steer your little ones toward a good night's sleep--all with no crying. Tips from *The No-Cry Sleep Solution: Uncover the stumbling blocks that prevent baby from sleeping through the night* Determine--and work with--baby's biological sleep rhythms Create a customized, step-by-step plan to get baby to sleep through the night Use the Persistent Gentle Removal System to teach baby to fall asleep without breast-feeding, bottlefeeding, or using a pacifier

12 x 12 sleep training: *The First 20 Hours* Josh Kaufman, 2013-06-13 Forget the 10,000 hour rule— what if it's possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don't have and effort you can't spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In *The First 20 Hours*, Josh Kaufman offers a systematic approach to rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You'll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level: Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it's easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback loops: Getting accurate, real-time information about how well you're performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, *The First 20 Hours* will help you pick up the basics of any skill in record time . . . and have more fun along the way.

12 x 12 sleep training: *Extreme Ownership* Jocko Willink, Leif Babin, 2017-11-21 An updated edition of the blockbuster bestselling leadership book that took America and the world by storm, two U.S. Navy SEAL officers who led the most highly decorated special operations unit of the Iraq War demonstrate how to apply powerful leadership principles from the battlefield to business and life. Sent to the most violent battlefield in Iraq, Jocko Willink and Leif Babin's SEAL task unit faced a seemingly impossible mission: help U.S. forces secure Ramadi, a city deemed "all but lost." In gripping firsthand accounts of heroism, tragic loss, and hard-won victories in SEAL Team Three's Task Unit Bruiser, they learned that leadership—at every level—is the most important factor in whether a team succeeds or fails. Willink and Babin returned home from deployment and instituted SEAL leadership training that helped forge the next generation of SEAL leaders. After departing the SEAL Teams, they launched Echelon Front, a company that teaches these same leadership principles to businesses and organizations. From promising startups to Fortune 500 companies, Babin and Willink have helped scores of clients across a broad range of industries build their own high-performance teams and dominate their battlefields. Now, detailing the mind-set and principles that enable SEAL units to accomplish the most difficult missions in combat, *Extreme Ownership* shows how to apply them to any team, family or organization. Each chapter focuses on a specific topic such as Cover and Move, Decentralized Command, and Leading Up the Chain, explaining what they are, why they are important, and how to implement them in any leadership environment. A compelling narrative with powerful instruction and direct application, *Extreme Ownership*

revolutionizes business management and challenges leaders everywhere to fulfill their ultimate purpose: lead and win.

12 x 12 sleep training: Baby Sleep Training in 7 Days Violet Giannone, 2018-07-17 Baby Sleep Training in 7 Days is the fastest, most effective method for sleep training your child and achieving long-term sleep success. Many babies are not naturally good sleepers—but they can be! From the founder of the Sleep, Baby, Sleep® baby sleep training program, Violet Giannone, comes Baby Sleep Training in 7 Days—a straightforward, 7-day program proven to help your child sleep better, quickly and successfully. In Baby Sleep Training in 7 Days, Violet narrows down exactly how to: prepare your child for sleep training, initiate the sleep training process, and ensure that good sleep habits continue after sleep training. Baby Sleep Training in 7 Days offers the support and guidance you need to confidently sleep train your child, including: A clear 7-day plan outlining what to do each day to help your child sleep better within one week. Before and after guidance to prepare you for the week of sleep training and set you up for success afterwards. Troubleshooting support that offers specific advice for course correcting if your baby has a sleep setback. If you're taking on the tough job of sleep training your child, you want it to work. Baby Sleep Training in 7 Days delivers what you need to confidently sleep train your child and start seeing results in one week.

12 x 12 sleep training: The Wonder Weeks Frans X. Plooij, Hetty van de Rijt, Xaviera Plas, 2017-09-05 This is not a book about how to make your child into a genius, however. We firmly believe that every child is unique and intelligent in his own way. It is a book on how to understand and cope with your baby when he is difficult and how to enjoy him most as he grows. It is about the joys and sorrows of growing with your baby.--Publisher's website.

12 x 12 sleep training: The Sensational Baby Sleep Plan Alison Scott-Wright, 2010-04-27 'I was so thankful for this book. It made a HUGE difference.' Giovanna Fletcher 'I wish I had read this book sooner, I tell every new mum about it!' Millie Mackintosh Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, The Sensational Baby Sleep Plan is a step-by-step, must-have manual to ensure sleep for you and your baby. The Sensational Baby Sleep Plan gives parents: * Realistic, easy to follow advice and guidance * Sensible feeding plans that can be tailored to suit the individual * Simple explanations of how to interpret different cries * Useful tips to encourage belief and trust in their parental instincts * Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic. * Happy babies that sleep through the night and have structured naps from around 2 months. Baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds! The Sensational Baby Sleep Plan is changing parents' lives: ***** 'This book is a Godsend . . . simple, supportive and easy to apply.' ***** 'Literally changes our lives . . . absolutely invaluable advice.' ***** 'This books now allows our little one to enjoy her sleep . . . She is a happy content smiley baby now and so are mummy and daddy!' And now for the next stage in sleep-filled parenting: The Sensational Toddler Sleep Plan

12 x 12 sleep training: How to Teach Your Baby to Self Soothe Nina V Garcia, 2019-12-03 Does your baby refuse to sleep for long periods of time without you holding him? Do you have to feed him to sleep or rock him for naps? Maybe you're getting the feeling that his frequent wake ups aren't because of hunger anymore, but that he's grown used to certain sleep aids-and only those sleep aids-to fall asleep. In other words, your baby doesn't know how to self soothe. I don't have to tell you that sleep deprivation takes its toll on every parent. It's simply not a sustainable, healthy way to live. Thankfully, you're not stuck living this way. Nobody should be sleep deprived if they don't have to be. In this guide, you'll learn exactly how to teach your baby self soothing skills in a gentle and consistent way that will actually get you results (aka sleep!). You'll learn the importance of starting with the right mindset, creating a conducive environment and routine to make it work, and down to the step-by-step sleep training process that will help your baby sleep 11-12 hours straight at night. Yes, it's possible! How to Teach Your Baby to Self Soothe will show you how. If you're like most

parents with a baby at home, you're probably beyond exhausted from sleep deprivation. You're up multiple times a night to feed the baby to sleep (even though he isn't even hungry), or spend the whole day rocking him for every nap. Your patience is running out as you realize that he's long past the newborn stage but still relies on you to sleep. Even though it doesn't seem like it right now, rest assured that you can help your baby put himself to sleep and stay asleep the whole night. After reading the guide, you'll learn how to: Break the feeding to sleep habit Put your baby to sleep in his crib without the usual sleep aids that are no longer working Lay your baby down awake, knowing he'll fall asleep on his own in a few minutes More importantly, your baby can sleep through the night without needing to feed or rock. Each time he stirs in the middle of the night, he can simply put himself back to sleep, instead needing you to help him do so. He can get a solid 11-12 hours of sleep a night, without waking up once. It seems like a crazy fantasy, but it's absolutely possible for your baby to sleep on his own, and in *How to Teach Your Baby to Self Soothe*, you'll learn the step-by-step process to make it happen.

12 x 12 sleep training: Save Our Sleep Feeding Tizzie Hall, 2012 From Australia's bestselling parenting author, this is Tizzie Hall's guide to healthy and safe feeding for babies and toddlers From routine feeding or demand feeding, breastfeeding and bottle-feeding newborn babies through to weaning and healthy eating in toddlerhood, *Save Our Sleep Feeding* provides a wealth of new information specific to food and feeding for long-time Tizzie fans and new readers alike. The detailed advice in this book covers the following:- how feeding and sleep interact in routines - solutions for common behavioural and medical problems such as reflux, allergies and food refusal- advice on when it's safe to introduce different foods and how to encourage your child to be a life-long healthy eater- specific information and guidance for feeding twins and premature babies- a collection of delicious tried and tested recipes *Save Our Sleep Feeding* is an excellent resource for all parents of young children and the solution to having a thriving, healthy baby and calm and happy parents. Visit Tizzie's website at www.saveoursleep.com

12 x 12 sleep training: The New Contented Little Baby Book Gina Ford, 2013-03-05 The perfect baby book for new moms and dads! You've just had a baby. Everything is perfect. Then the hospital sends you home—without an instruction manual... Baby expert Gina Ford comes to the rescue with her newly revised hour-by-hour, week-by-week guide. One of Great Britain's top parenting experts, she draws on more than twenty years of experience researching and studying the natural sleep rhythms and feeding patterns of babies to ease the stresses and worries of new parents. In this new edition, you'll find everything you need to know to get your newborn to sleep through the night. In addition to advice on sleep training, Ford shares her expertise on feeding schedules, colic, crying, teething, illness, pacifiers, separation anxiety, and setting up the perfect nursery. With this easy-to-follow guide, Ford will have your whole family sleeping through the night—happily and peacefully—in no time.

12 x 12 sleep training: How Babies Sleep Sofia Axelrod, 2020-08-11 Discover the best baby sleep method—gentle, science-backed, and inspired by the latest Nobel Prize-winning research—that shows you how to get your baby to sleep through the night naturally. Sleep—or the lack of it—is one of the most crucial issues for new parents. Newborn babies typically wake every two to three hours, and there's nothing bleary-eyed, exhausted parents want more than a night of uninterrupted sleep. But while there's plenty of advice out there, there is nothing that's based on the latest cutting-edge research about sleep—until now. In *How Babies Sleep*, Sofia Axelrod, PhD—neuroscientist, sleep consultant, and mother of two—introduces the first baby sleep method that is truly rooted in the science of sleep. After having her first child, Axelrod realized that the typical baby sleep advice conflicted with the actual science of sleep, including the findings from her mentor's Nobel Prize-winning sleep lab. She developed her transformative method based on the latest discoveries about our body's circadian clock and how it is disturbed by light and other external stimuli. After seeing incredible results with her own babies, she has since counseled countless families in her groundbreaking method—which works with babies' needs and helps little ones learn to self-soothe, fall asleep more easily, and stay asleep through the night. You'll discover

helpful tips that work, and learn: why using a red lightbulb (instead of a regular one) in the nursery at night can minimize wakings; why the age-old advice “don’t wake a sleeping baby” isn’t true; how to create a healthy routine; how to sleep train gently with minimal crying (under two minutes); and so much more in this revolutionary and effective book that will help both you and your baby enjoy a peaceful night’s sleep.

12 x 12 sleep training: *Sleep: Top Tips from the Baby Whisperer* Tracy Hogg, Melinda Blau, 2011-07-12 From the bestselling Baby Whisperer franchise, a concise and comprehensive guide to getting your baby to sleep through the night—available exclusively as an ebook. I can't get my five-week-old to sleep in her crib My six-week-old resists his naps My baby is three months old and is still waking up throughout the night Sleep is the number one issue that plagues parents from the moment they bring their baby home from the hospital. Even the lucky ones, whose babies are naturally good sleepers, wonder when their baby will finally sleep through the night. With reassuring, down-to-earth advice, Tracy Hogg's practical sleep program will help you overcome your baby's sleep problems and works with infants from as young as one day old.

12 x 12 sleep training: *Room to Grow* Suzy Giordano, Marcella Giordano, 2020-02-15 From the author of 12 Hours by 12 Weeks and The Baby Sleep Solution, Suzy Giordano is back to help you get your child sleeping through the night! With Room to Grow, Giordano gives us a practical guide to making high quality sleep, healthy eating and manageable behavior more than just a hope or aspiration; she helps us make it a reality.

12 x 12 sleep training: *The Baby Whisperer Solves All Your Problems* Tracy Hogg, Melinda Blau, 2010-05-11 The Baby Whisperer gives new parents everything they need to tackle the challenges of sleep, eating habits, tantrums, growth issues, and more! The Baby Whisperer Solves All Your Problems is an in-depth look at the most challenging issues faced by parents of babies and young children today. The book goes beyond the basics introduced in her first two books, becoming a compendium of specific and targeted parenting strategies. Each chapter tackles a different topic, from teaching babies to sleep, feeding techniques, potty training, and much more. Hogg will also discuss her two new Baby Whispering concepts, which are being patient and conscious and learning to detect “prime times”—windows of opportunity for sleep training, introducing bottles (in breast-fed babies), sippy cups, toilet training, and much more. Once you learn how to translate language, the “baby-language” your infant uses to communicate needs, feelings, and opinions, you can see your child for who he or she really is—an understanding that will serve you well as your child blossoms into the toddler years. By helping you establish a daily routine and tailor your parenting strategies according to your child’s unique personality and stage of development, Tracy will teach you how to:

- Employ the Twelve Principles of Problem Solving—simple troubleshooting techniques for everyday situations
- Avoid, or remedy, accidental parenting—inadvertent adult behavior that often leads to such common parenting challenges as sleep problems, poor eating habits, separation anxiety, and tantrums
- Identify windows of opportunity for teaching babies how to get to sleep on their own, introducing bottles to breast-fed babies, toilet training, and other growth issues

For Tracy’s fans, this book will be a welcome addition to the Hogg library; for readers unfamiliar with her philosophy of care, it will open a new world of understanding and insight.

12 x 12 sleep training: *Cribsheet* Emily Oster, 2019-05-30 'Emily Oster is the non-judgemental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way' Amy Schumer Parenting is full of decisions, nearly all of which can be agonized over. There is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths and offers non-judgemental ways to consider our options in light of the facts. Cribsheet is a thinking parent's guide that empowers us to make better, less fraught decisions - and stay sane in the years before preschool. *Now you can navigate the primary school years with Emily Oster too, in her new book The Family Firm, out now*

12 x 12 sleep training: *Why We Sleep* Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

12 x 12 sleep training: *Becoming the Next BABY SLEEP BOSS* Taylor Fontenot, 2019-08-13 Using the mind of a nurse and the heart of a mom, Taylor offers a step-by-step, chronological guide to easing some of the biggest parenting stressors of them all, starting with SLEEP. This is a first-year parenting book that will provide all the necessary tools to help you get some rest, maintain your sanity, and thrive in parenthood!

12 x 12 sleep training: *Precious Little Sleep* Alexis Dubief, 2020-10-19 Aren't babies precious? So is sleep. Your baby is capable of sleeping through the night and this book will show you how. A whip smart and entertaining guide that focuses on WHY babies sleep the way they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including: > Navigating the tricky newborn phase like a pro > Getting your child to truly sleep through the night > Weaning off the all-night buffet > Mastering the precarious tango that is healthy napping > Solving toddler and preschooler sleep struggles Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep. You'll love the practical solutions and the way she presents them. And it works! Buy it now.

12 x 12 sleep training: *The Baby Sleep Guide* Stephanie Modell, 2023-04-13 Babies do wake at night, but you can help them to learn to sleep with some gentle guidance Sleep. It's the most precious commodity, especially when you're struggling to find it. The secret to helping babies to sleep through the night is understanding their sleep cycles and natural rhythms. This book provides simple and easy techniques to help you establish positive sleep habits early on that will pay dividends in the long term. It guides you through different sleep teaching approaches so you can find a healthy balance that works for you and your baby. Designed to be deliberately concise to find information at a glance, The Baby Sleep Guide offers clear solutions to ensure a good night's sleep for everyone. 'If you are expecting your first baby, buy this book now. If you are a parent struggling with a night-owl, buy this book now.' Jill Irving, RN (adult) RN (child) RM RHV JP and health visiting expert for babycentre.co.uk

12 x 12 sleep training: *The Sensational Toddler Sleep Plan* Alison Scott-Wright, 2021-08-12 *** WITH A FOREWORD BY MILLIE MACKINTOSH *** From the author of the hugely successful The Sensational Baby Sleep Plan. A follow-up guide, helping parents to handle sleep issues in toddlers and children aged over twelve months. With clear and realistic advice on how to: *Implement the fail-safe reassurance sleep-training technique *Establish healthy bedtime associations *Understand your toddler's development *Implement a routine through responsible and positive parenting *Manage changes such as moving from a cot to a bed and travelling *Cope with dietary intolerances and acid reflex that might affect child's ability to fall and stay asleep *Introduce a new baby into the family and deal with sibling issues This book will get your child - and you - the sleep you need! Praise for The Sensational Baby Sleep Plan: ***** 'This book is a Godsend . . . simple, supportive and easy to apply.' ***** 'Literally changes our lives . . . absolutely invaluable advice.' ***** 'This books now allows our little one to enjoy her sleep . . . She is a happy content smiley baby now and so are mummy and daddy!'

12 x 12 sleep training: *Elevating Child Care* Janet Lansbury, 2024-04-30 A modern parenting classic—a guide to a new and gentle way of understanding the care and nurture of infants, by the internationally renowned childcare expert, podcaster, and author of No Bad Kids “An absolute go-to for all parents, therapists, anyone who works with, is, or knows parents of young children.”—Wendy Denham, PhD A Resources for Infant Educators (RIE) teacher and student of pioneering child specialist Magda Gerber, Janet Lansbury helps parents look at the world through the eyes of their

infants and relate to them as whole people who have natural abilities to learn without being taught. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and connect with our child. A collection of the most-read articles from Janet's popular and long-running blog, *Elevating Child Care* focuses on common infant issues, including: • Nourishing our babies' healthy eating habits • Calming your clingy, fearful child • How to build your child's focus and attention span • Developing routines that promote restful sleep Eschewing the quick-fix tips and tricks of popular parenting culture, Lansbury's gentle, insightful guidance lays the foundation for a closer, more fulfilling parent-child relationship, and children who grow up to be authentic, confident, successful adults.

12 x 12 sleep training: *Just the Good Stuff* Rachel Mansfield, 2020-02-25 Welcome to food freedom: 100+ recipes that prove you can make healthy choices without sacrificing the meals, snacks, and sweets you love—with plenty of gluten-free, Paleo, and plant-based options. Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all the foods you crave. Using better-for-you ingredients, such as grain-free flours, collagen peptides, and coconut sugar, you can indulge while still maintaining a balanced approach to eating. Rachel's recipes focus on creative, flavor-forward takes on favorite, comfort food dishes—think Almond Butter Pad Thai, Sweet Potato Nachos with Cashew Cheese, Homemade Pastry Tarts with Berry Chia Jam, and Epic Quinoa Burrito Bowls. Though Rachel personally doesn't prescribe to a single diet or label, many recipes are Paleo-friendly, dairy-free, and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables perfect to mix and match for meal prep, easy solo dinners, potluck-friendly spreads, shareable snacks, and, of course, sweets—lots of 'em because as Rachel says, "You can have your gluten-free cake and eat it too!" Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives, *Just the Good Stuff* includes an entire chapter on food prep (both a money and time saver!), lots of confidence-building tips, and inspirational advice. Praise for *Just the Good Stuff* "In *Just the Good Stuff*, Rachel creates recipes that are gluten-free, dairy-free, and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping food for the week, this book has you covered for all aspects of eating."—Frank Lipman, MD, bestselling author of *The New Health Rules* and *How to Be Well* "Rachel's recipes are modern, approachable, and simple enough that anyone can make them! *Just the Good Stuff* is a new staple on my bookshelf!"—Gina Homolka, New York Times bestselling cookbook author and founder of Skinnytaste

12 X 12 Sleep Training Introduction

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