

15 Month Old Sleep Training

15 Month Old Sleep Training: Navigating the Toddler Sleep Revolution and its Industry Implications

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(Published by SleepWell Publications, a leading provider of evidence-based sleep resources for families and professionals since 2005. Edited by Sarah Miller, RN, BSN, IBCLC, with 15 years experience in pediatric care and lactation consulting.)

Summary: This article delves into the complexities of 15-month-old sleep training, examining effective methods, common challenges, and the broader industry implications of this crucial developmental stage. It addresses parental anxieties, discusses the evolving landscape of sleep training products and services, and offers evidence-based strategies for success.

Introduction: The quest for a good night's sleep is a universal parental experience, but it intensifies significantly around the 15-month mark. This is a critical juncture in a child's development, often marked by significant sleep regressions, increased independence, and the emergence of more sophisticated cognitive abilities. Understanding the nuances of 15-month-old sleep training is therefore crucial, not only for parents but also for the burgeoning industry surrounding infant and toddler sleep solutions.

Why 15 Months is a Pivotal Time for Sleep Training:

At 15 months, toddlers are experiencing rapid cognitive and physical growth. This can manifest as disrupted sleep patterns. Several factors contribute to the challenges of 15-month-old sleep training:

Developmental Leaps: Cognitive leaps often lead to increased anxiety and night wakings as toddlers process new information and skills.

Separation Anxiety: The developing understanding of object permanence can make separation from caregivers incredibly distressing, resulting in nighttime clinginess.

Increased Mobility: Newly mobile toddlers might use their newfound freedom to explore their crib or room, leading to prolonged wakefulness.

Teething: The later stages of teething can significantly impact sleep quality.

Effective Strategies for 15 Month Old Sleep Training:

Several evidence-based methods can support healthy sleep habits in 15-month-olds. These methods often involve a combination of strategies:

Establishing a Consistent Bedtime Routine: A predictable, calming routine signals to the child that it's time for sleep. This should include a warm bath, quiet playtime, and a bedtime story.

Creating a Conducive Sleep Environment: A dark, quiet, and cool room is essential. White noise machines or other calming sounds can help mask disruptive noises.

Gentle Extinction/Gradual Withdrawal: This involves gradually reducing parental presence at

bedtime and during night wakings. It's crucial to remain consistent and provide reassurance without picking the child up.

Positive Reinforcement: Rewarding desired sleep behaviors, such as staying in bed, can reinforce positive associations with sleep.

Addressing Underlying Issues: Rule out medical conditions (like ear infections or allergies) that might be contributing to sleep problems. Address any anxieties or fears the child might be experiencing.

The Industry Impact of 15 Month Old Sleep Training:

The demand for effective 15-month-old sleep training solutions has fuelled a significant industry expansion. This includes:

Sleep Consultant Services: Certified sleep consultants offer personalized guidance and support to parents navigating the challenges of toddler sleep. The demand for these services continues to grow.

Sleep Training Products: The market for products aimed at improving sleep, such as white noise machines, sleep sacks, and blackout curtains, is booming.

Online Resources and Apps: Numerous online resources, apps, and courses provide information and support on various sleep training methods. This accessibility has democratized access to sleep training knowledge, yet also created a need for careful discernment of credible information.

Research and Development: The growing interest in 15-month-old sleep training has driven research into effective sleep interventions and their long-term impact on child development.

Addressing Common Concerns and Misconceptions:

Many parents harbor anxieties surrounding 15-month-old sleep training. Addressing these anxieties is crucial for successful implementation. Common concerns include:

Crying It Out (CIO): While controlled extinction methods might involve some crying, it's crucial to balance firmness with empathy and reassurance. The goal is not to let a child cry uncontrollably, but to teach self-soothing skills.

The Impact on the Child's Emotional Well-being: While sleep training might involve some initial distress, a well-implemented approach prioritizes the child's emotional security. Consistent and loving parenting is paramount.

Long-term Effects: Evidence suggests that establishing healthy sleep habits early in life has positive long-term effects on a child's physical and cognitive development.

Choosing the Right Approach for Your Family:

The most effective approach to 15-month-old sleep training depends on the individual child and family dynamics. Consulting with a pediatrician or certified sleep consultant can be invaluable in developing a tailored plan. Remember that consistency and patience are key.

Conclusion:

15-month-old sleep training presents unique challenges and opportunities. Understanding the developmental factors influencing sleep at this age, selecting an evidence-based approach, and addressing parental anxieties are crucial for success. The expanding industry surrounding sleep

training reflects the increasing recognition of the importance of healthy sleep for both children and families. However, critical evaluation of available resources and the adoption of compassionate and developmentally appropriate strategies remains paramount.

FAQs:

1. Is it too late to sleep train at 15 months? No, it's not too late. While earlier intervention is often easier, 15-month-olds are capable of learning self-soothing skills.
2. How long does 15-month-old sleep training take? The timeframe varies, but it can typically take a few weeks to a few months for consistent results.
3. What if my 15-month-old resists sleep training? Persistence and consistency are vital. Adjusting the approach based on your child's responses is crucial.
4. Should I use a cry-it-out method? The decision rests on parental preferences and the child's temperament. Gentle methods are often preferred.
5. How much sleep should a 15-month-old get? Most 15-month-olds need around 11-14 hours of sleep per day, including naps.
6. My 15-month-old wakes up multiple times at night. Is this normal? Night wakings are common at this age, but consistent sleep training can help reduce their frequency.
7. What are the signs my 15-month-old is ready for sleep training? Consistent bedtime routine adherence, showing signs of tiredness, and a willingness to self-soothe are positive indicators.
8. What if sleep training isn't working? Seek professional help from a pediatrician or certified sleep consultant.
9. Are there any long-term negative effects of sleep training? When done correctly, sleep training is unlikely to have negative long-term effects. However, inappropriate or forceful methods should be avoided.

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15 month old 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

15 month old 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

15 month old 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.

15 month old 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.

15 month old 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.

15 month old sleep training: Nodding Off Alice Gregory, 2018-06-14 Sleep plays a crucial role in our waking lives, and we need to start paying it more attention. The latest research tells us that it's essential for learning and memory, for mental health and physical well-being, and yet we tend to only think about it when it's proving a struggle. Nodding Off leads you on a fascinating journey through the science of sleep as it evolves throughout our lives; from babies to teenagers, from middle age to the later years of our life, there are constantly new challenges to our sleep. Based on knowledge accumulated over almost two decades as a sleep researcher, Professor Alice Gregory shares real-life stories and interviews with other sleep experts to find the answers to questions, such as: - Why do so many adolescents enjoy lying in at the weekends? - Why do children experiencing anxiety, behavioural problems or attention deficit hyperactivity disorder so often have co-occurring sleep problems? - Why are scientists turning to sleep disorders such as sleep paralysis to try to understand paranormal experiences? With important tips on improving your sleep, Nodding Off is an essential read for anyone who sleeps, and more important still for those who don't get enough. Fans of Matthew Walker's Why We Sleep will love this book!

15 month old 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.

15 month old 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

15 month old 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.

15 month old sleep training: Moms on Call Next Steps Baby Care Laura A. Hunter, Jennifer Walker, 2012-04-07 Millions of moms and dads want to know How do I get my baby to sleep and stop crying The answer, Moms on Call. Moms on Call is the most talked about service in baby world helping moms from pregnancy and beyond. he leaders in addressing the big issues like baby sleep, crying baby, colicky babies, diaper rashes, teething and post partum mom sleep! Pregnant with twins, single father, parenting styles of all varieties benefit from the resources addressed in what moms call the best baby book available. But we address more than just diaper rashes, how to pacify a fussy baby or the essentials of having a baby between 6-15 months, We cover typical daily schedules, how to progress through feeding stages, how to move to the toddler bed, how to sleep all night and much more. So if you are a mom mom of a toddler or in your post partum baby world wanting advice on baby feed, baby clothes, baby sleeping, symptoms of common illness, how to get sleep even with a breast fed baby then Moms on Call is for you. Babys Babies, spell it anyway you want; at Moms on Call, we know how to care baby!

15 month old 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.

15 month old 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 an 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.

15 month old 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.

15 month old sleep training: *The Wim Hof Method* Wim Hof, 2020-09-24 STAR OF BBC ONE'S FREEZE THE FEAR 'I've never felt so alive' JOE WICKS 'A fascinating look at Wim's incredible life and method' FEARNE COTTON My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to take ownership over your own mind and wellbeing. 'The book will change your life' BEN FOGLE 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS

15 month old 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.

15 month old sleep training: *What to Expect: The Second Year* Heidi Murkoff, 2012-03-01 The international super-successful *What to Expect* brand has delivered again - announcing the arrival of a brand-new member of family: *What to Expect the Second Year*. This essential sequel to *What to Expect the First Year* picks up the action at baby's first birthday, and takes parents through what can only be called 'the wonder year' - 12 jam-packed (and jam-smeared) months of memorable milestones (from first steps to first words, first scribbles to first friends), lightning-speed learning, endless explorations driven by insatiable curiosity. Not to mention a year of challenges, both for toddlers and the parents who love them, but don't always love their behaviour (picky eating, negativity, separation anxiety, bedtime battles, biting, and tantrums). Comprehensive, reassuring, empathetic, realistic and practical, *What to Expect the Second Year* is filled with solutions, strategies, and plenty of parental pep talks. It helps parents decode the fascinating, complicated, sometimes maddening, always adorable little person last year's baby has become. From the first birthday to the second, this must-have book covers everything parents need to know in an easy-to-access, topic-by-topic format, with chapters on growth, feeding, sleeping, behaviours of every conceivable kind, discipline (including teaching right from wrong), and keeping a toddler healthy and safe as he or she takes on the world. There's a developmental time line of the second year plus special 'milestone' boxes throughout that help parents keep track of their toddler's development. Thinking of travelling with tot in tow? There's a chapter for that, too.

15 month old sleep training: *The First Six Weeks* Midwife Cath, 2016-04-27 Everything you need to know about caring for your new baby, from feeding to sleeping and everything in between -

every parent's new best friend. 'Cath Curtin is the newborn baby guru! A calming voice, a gentle hand and a wealth of knowledge during one of the most incredible but terrifying times of your life - new parenthood. To have Cath's support after the birth of my first son was invaluable and I don't know how I would have done it without her!' Rebecca Judd Cathryn Curtin has delivered more than 10,000 babies over the last 40 years, so she understands how the first six weeks of a baby's life are vital for establishing habits that help create a healthy, happy routine for your baby and a loving lifelong bond between you and your child. In this practical and easy-to-use guide, Midwife Cath covers all aspects of a newborn's first weeks, from caring for your baby to coping with the sudden emotional and physical changes of new parenthood. By following her brilliant bath, bottle and bed routine, you'll enjoy a deep sleep for up to five hours in these demanding early weeks while your partner has some precious one-on-one time with your child. These first weeks of a baby's life can be a challenge for any new parent. Midwife Cath's invaluable experience and wisdom will guide you through them as well as help you establish a routine that will ensure a healthier, happier baby and better-rested and more confident parents.

15 month old 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.

15 month old sleep training: A Nurturing Approach to Baby Sleep Training: A Step-by-Step Guide for First Time Moms Ghislaine D. Nnaji, 2021-10-16 As a first-time mom, what would you wish for? I guess a happy, healthy, well-rested baby and a happy, healthy, well-rested YOU, come on the list! "A Nurturing Approach to Baby Sleep Training" is a candid step-by-step guide for first time mothers who are looking for a comprehensive way to help your baby become a good sleeper using tried-and-tested gentle approaches without the overwhelm of failed attempts, exhaustion, and sad tears. Get ready to challenge the way you perceive baby sleep training in this transformative baby sleep guide backed with research based methods, parental realistic viewpoints, as well as extensive hands-on experience. Learn why, when, how and what to do at every step of the way during sleep training whether it be to fix frequent night wakings, nap troubleshooting, early morning wakings, sleep regressions, baby schedules and wake periods, and so on. Ghislaine Nnaji is a Certified Pediatric Sleep Consultant, Founder of The Tantrums No More Program, and Host of A Serene Baby Sleep Podcast. She continues to showcase her expertise in pediatric sleep training and knows first-hand the frustration, the exhaustion, and the overwhelm of sleepless nights through her work with numerous exhausted new moms. For over a decade, Ghislaine has helped countless babies to conquer different sleep issues without cry-it-out methods and finds joy in seeing well-rested babies.

15 month old 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.

15 month old sleep training: *The Babysense Secret* Megan Faure, 2011-01-20 A gentle routine for your baby, trusted by thousands of mums, from bestselling author Megan Faure Some of the most common parental concerns in baby's first year are things like; why is baby crying, how do I get baby to sleep well and how do I make time for myself? The answers to these questions and more, lie in a baby's sensory world. The Babysense Secret in the new ebook(PDF) format is based on the simple idea, that by observing your baby, you can determine when he wants to sleep, feed, or interact with you and thereby establish a routine structured around your baby's needs. This routine will lay the groundwork for a calm and contented first year, ensuring positive early sensory experiences leading to a happier childhood. Special features provide information and top tips on popular parenting subjects, such as baby massage, colic remedies and caring for premature babies. So for a happier, more contented child, create a routine based around your baby.

15 month old sleep training: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

15 month old sleep training: *Your Baby's First Year* American Academy Of Pediatrics, 2010 Provides advice on all aspects of infant care from the members of the American Academy of Pediatrics, discussing such topics as behavior, growth, immunizations, and safety.

15 month old sleep training: *Sweet Sleep* La Leche League International, Diane Wiessinger, Diana West, Linda J. Smith, Teresa Pitman, 2014-07-29 Sweet Sleep is the first and most complete

book on nights and naps for breastfeeding families. It's mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research. It's 4 A.M. You've nursed your baby five times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. Sweet Sleep is within reach. This invaluable resource will help you • sleep better tonight in under ten minutes with the Quick Start guide—and sleep safer every night with the Safe Sleep Seven checklist • sort out the facts and fictions of bedsharing and SIDS • learn about normal sleep at every age and stage, from newborn to new parent • direct your baby toward longer sleep when he's ready • tailor your approach to your baby's temperament • uncover the hidden costs of sleep training and “cry it out” techniques • navigate naps at home and daycare • handle concerns from family, friends, and physicians • enjoy stories and tips from mothers like you • make the soundest sleep decisions for your family and your life Advance praise for Sweet Sleep “Chock-full of advice and information . . . The editors smartly break the information into digestible bits organized by topics and age ranges. And for any parent desperate for an uninterrupted few hours of sleep, the advice is worth the read. Sweet Sleep includes extensive information on creating a safe sleep space, helping children learn to sleep on their own and defusing criticism of your family's choices. . . . This book is nothing but supportive of whatever your choices are about nursing and sleeping.”—BookPage “An essential guide for parents . . . detailed, practical advice on bed sharing and breast-feeding, with basic guidelines for safe bed sharing outlined in seven steps.”—Publishers Weekly

15 month old sleep training: Parenting Outside the Lines Meghan Leahy, 2020-08-04

No-nonsense, sanity-saving insights from the Washington Post on Parenting columnist--for anyone who's drowning in parental pressure and advice that doesn't work. Ever feel overwhelmed by the stress and perfectionism of our overparenting culture--and at the same time, still look for solutions to ease the struggles of everyday family life? Parenting coach and Washington Post columnist Meghan Leahy feels your pain. Like her clients and readers, she grew weary of the endless shoulds of modern parenting--along with the simplistic rules and advice that often hurt more than help. Filled with insights based on child development and hard-won lessons in the trenches, this honest guide presents a new approach, offering permission to practice imperfect parenting with a strong dose of common sense, empathy, and laughter. You'll gain perspective on trusting your gut, picking your battles, and when to question what's normal (as opposed to what works best for your child). Forget impossible standards and dogma, and serving organic salmon to four-year-olds. Forget helicopters, tiger moms, and being mindful in the middle of a meltdown (your child's or your own). Instead, discover relatable insights for staying connected to your child and true to the parent you want to be (and already are).

15 month old sleep training: Busy Toddler's Guide to Actual Parenting Susie Allison, 2020-09-22 Susie Allison gives the achievable advice she's known around the world for on her million-follower Instagram account, Busy Toddler. From daily life to 'being two is fine' to tantrums and tattling and teaching the ABCs, let Susie give you the stress-free parenting advice you've been looking for. Susie shares real moments from raising her three kids as well as professional knowledge from her years as a kindergarten and first grade teacher. Her simple and doable approach to parenting is both uplifting and empowering ... includes over 50 of Susie's famous kid activities that have helped hundreds of thousands of parents make it to nap time and beyond. This isn't about perfect parenting. This is about actual parenting--

15 month old sleep training: The Sleep Lady's Good Night, Sleep Tight Kim West, 2020-03-10

The go-to guide to getting infants and toddlers to fall and stay asleep, completely revised and updated Kim West, LCSW-C, known to her clients as The Sleep Lady®, has developed an alternative and effective approach to helping children learn to gently put themselves to sleep without letting them cry it out -- an option that is not comfortable for many parents. Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, Good Night, Sleep

Tight offers a practical, easy-to-follow remedy that will work for all families in need of nights of peaceful slumber! New material and updates include: New yoga recommendations Updated information for parents of young infants Expanded information on nighttime potty training Ending co-sleeping Sleep training for twins and multiples

15 month old sleep training: Save Our Sleep, Revised Edition Tizzie Hall, 2015-08-01 The bestseller that answers that all-important question for parents - how can I get my baby to sleep? Tizzie Hall is an internationally renowned baby whisperer who has been working with babies and their parents for over 24 years. Her customised sleep routines have helped thousands of restless babies sleep through the night, and in this easy-to-use sleep guide she shares: *Sleep routines for baby's first two years, covering both breast and bottle-fed babies, and their introduction to solids *Teaching your baby to settle and resettle themselves *Solutions to sleep problems *Common questions and case studies from parents *How to overcome any breaks to the sleeping routine Fully revised and updated, this new edition includes a new routine, integrated feedback on routines, expressing and dealing with premature babies and twins, and helpful tips for choosing cots, bedding, swaddling and child safety seats. Tried and tested, Tizzie will show you how to help your child sleep all night, every night. Save Our Sleep is the must-have book for all parents who want to save their sleep. Visit Tizzie's website www.saveoursleep.com

15 month old sleep training: The Sleep Nanny System Lucy Shrimpton Cgsc, 2015-08-13 Weary of sleep solutions? Abandoned all hope of there being a solution for you and your child? The Sleep Nanny System will support you in finding an approach you can adapt according to your child and family dynamics. Based on a gentle method, with understanding your child at its core, this knowledge will help you form a Unique Sleep Plan. Lucy Shrimpton, certified sleep consultant and mother of two, brings to light the various causes of sleep problems from the perspective of different child temperaments and personalities. Lucy equips you with insights and recommendations for you to tailor a sleep plan that meets your child's unique need through: Highlighting the science behind sleep, providing an in-depth understanding of your child's sleep Use of the Pyramid of Parental Help to help establish an effective training approach Understanding sleep crutches and dummies and how these affect your child's sleeping patterns, including advice on how to ditch the dummy! Providing deeper insight on early risers and contributing factors Shedding light on the importance of naps and adapting these depending on how your child's night-time sleep is affected Re-establishing the importance of a routine and consistency and how to maintain this without upsetting your child.

15 month old sleep training: What to Expect when You're Expecting Heidi Eisenberg Murkoff, Sharon Mazel, 2008-01-01 Cuts through the confusion surrounding pregnancy and birth by debunking dozens of myths that mislead parents, offering explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, and amniocentesis.

15 month old sleep training: Happy Sleepers Christine Scheepers, 2021-11-10 This is the only baby guide you'll ever need. Are you a tired mum/dad?? Do you need to feed, rock, or pat your baby to sleep?? Do you need to get up for your baby multiple times overnight?? Are you so exhausted it's starting to take a toll on you and your family? Studies have shown, UNRESOLVED sleep issues during infancy (0 to 12 months), WILL persist in 80% of children until they're 3 years old? Eek! Do you want that?? I don't think so. CHRONIC sleep deprivation in babies can lead to: Moodiness and irritability? Behavioural problems? Unhealthy eating habits? Growth problems? Weight problems The good news is? There's a solution. Christine at Happy Sleepers has worked with over 1000 babies with a 98% success rate and now she can help YOU TODAY! Do you want to improve your baby's sleep within 48 hours? Sound too good to be true? It isn't! This book is full of stories from everyday parents who have applied the simple steps in this book and achieved amazing, life-changing results. And you're next!

15 month old sleep training: Perfect Parent Collection- Sleep Training, Toddler Discipline and Potty Training Lucy Watson, 2020-07-17 This is a 3 book Parenting Collection including: Sleep Training: The Baby Sleep Solution for the Exhausted Modern Parents Having a new baby is an exciting experience. You want to be able to hold them and cuddle them all the time. You

are excited to see them grow and change over the years. And you may even have some big hopes and dreams for their futures. But everyone can agree that getting enough sleep during that first year with your baby can be a big challenge. With the help of sleep training, you will be able to get your sleep schedule back, with baby sleeping in their own room, in no time at all. Toddler Discipline Are you dealing with a child who has a lot of tantrums? Does it feel like you can't take them anywhere because the tantrums are just getting too bad? Do you feel hopeless and like everyone is judging you about the way that your child behaves? Many children have tantrums and it is a part of their normal development. But being able to handle these tantrums in a safe and effective manner can prevent the headaches and can make life easier with a toddler. Potty Training:How To Potty Train Your Child In One Day Potty training is an important milestone for your child. They are growing up and have reached the right developmental milestones to be able to go to the bathroom and understand what is going on. While this is so important and a big milestone to celebrate, many parents look at potty training with dread. They do not look forward to the races to the bathroom, the accidents and messes, and all the fights to get their child to learn how to use the potty. Get this 3 book collection today and easily learn Effective Strategies and Techniques To help your baby get sleep without crying, get respect and eliminate tantrums from your toddler and potty train your child fast!

15 month old sleep training: Sleep Training-The Baby Sleep Solution for the Exhausted Modern Parents Lucy Watson, 2020-07-17 Have You Tried Other Methods and Are Still Unsuccessful With Sleep Training Your Baby? Then Get This Book Right Now And Your Little Angel Will Be Sleeping Peacefully Without Crying In The Blink Of An Eye! Having a new baby is an exciting experience. You want to be able to hold them and cuddle them all the time. You are excited to see them grow and change over the years. And you may even have some big hopes and dreams for their futures. But everyone can agree that getting enough sleep during that first year with your baby can be a big challenge. With the help of sleep training, you will be able to get your sleep schedule back, with baby sleeping in their own room, in no time at all. This guidebook is going to discuss everything that you need to know to get started with sleep training with your baby. We will look at what sleep training is, the benefits of working with sleep training, what tools you need, the best sleeping times for your child, and even some of the best methods that will ensure sleep training goes as smoothly as possible for your family. We will then end this guidebook with some common mistakes that you should avoid when it comes time to start with sleep training. Topics Covered in this book includes but are not limited to:- •How Much Sleep Does My Baby Need? •What are the Signs That it is Time for My Baby to Go to Bed? •The Benefits of Sleep Training •How to Set Up the Crib or Sleeping Area for the Baby •What Tools do I Need for Sleep Training? •Remember Sleeping Safety and SIDS •The Best Sleep Training Methods to Try •Working on a Sleeping Plan That Works for Your Family •The Do's and Don'ts of Sleep Training and much more Buy Your Book Copy To Today! Every new parent looks forward to the time when they can get some sleep while also knowing that your baby is getting the sleep that they need as well. This Guidebook will help you to do just that! Stop waiting and get you book copy now!

15 month old sleep training: The Seven Habits of Highly Effective People Stephen R. Covey, 1997 A revolutionary guidebook to achieving peace of mind by seeking the roots of human behavior in character and by learning principles rather than just practices. Covey's method is a pathway to wisdom and power.

15 month old sleep training: The Rabbit Who Wants to Fall Asleep Carl-Johan Forssén Ehrlin, 2015-10-02 The magical book that will have your kids asleep in minutes. —The New York Post This groundbreaking #1 international bestseller is sure to put an end to nightly bedtime battles. Children and parents everywhere can't stop raving about this book! Do you struggle with getting your child to fall asleep? Join parents all over the world who have embraced The Rabbit Who Wants to Fall Asleep as their new nightly routine. When Roger can't fall asleep, Mommy Rabbit takes him to see Uncle Yawn, who knows just what to do. Children will join Roger on his journey and be lulled to sleep alongside their new friend. Carl-Johan Forssén Ehrlin's simple story uses a unique and distinct language pattern that will help your child relax and fall asleep—at bedtime or naptime. Reclaim

bedtime today! New York Times Bestseller USA Today Bestseller Publishers Weekly Bestseller Translated into 43 Languages "On the cover of [The Rabbit Who Wants to Fall Asleep] there's a sign that reads, 'I can make anyone fall asleep'—and that's a promise sleep-deprived parents can't resist." —NPR "For many parents, getting kids to fall asleep can be a nightmare. But [The Rabbit Who Wants to Fall Asleep] . . . promises to make the process easier and help kids to drift off to sleep faster." —CBS News "A book whose powerfully soporific effects my son is helpless to resist." —The New York Times

15 month old sleep training: The Bullet Journal Method Ryder Carroll, 2021-12 THE NEW YORK TIMES BESTSELLER Transform your life using the Bullet Journal Method, the revolutionary organisational system and worldwide phenomenon. The Bullet Journal Method will undoubtedly transform your life, in more ways than you can imagine' Hal Elrod, author of The Miracle Morning In his long-awaited first book, Ryder Carroll, the creator of the enormously popular Bullet Journal organisational system, explains how to use his method to: * TRACK YOUR PAST: using nothing more than a pen and paper, create a clear, comprehensive, and organised record of your thoughts and goals. * ORDER YOUR PRESENT: find daily calm by prioritising and minimising your workload and tackling your to-do list in a more mindful and productive way. * PLAN YOUR FUTURE: establish and appraise your short-term and long-term goals, plan more complex projects simply and effectively, and live your life with meaning and purpose. Like many of us, Ryder Carroll tried everything to get organised - countless apps, systems, planners, you name it. Nothing really worked. Then he invented his own simple system that required only pen and paper, which he found both effective and calming. He shared his method with a few friends, and before long he had a worldwide viral movement. The system combines elements of a wishlist, a to-do list, and a diary. It helps you identify what matters and set goals accordingly. By breaking long-term goals into small actionable steps, users map out an approachable path towards continual improvement, allowing them to stay focused despite the crush of incoming demands. But this is much more than a time management book. It's also a manifesto for what Ryder calls intentional living: making sure that your beliefs and actions align. Even if you already use a Bullet Journal, this book gives you new exercises to become more calm and focused, new insights on how to prioritise well, and a new awareness of the power of analogue tools in a digital world. *** This book has been printed with three different colour designs, black, Nordic blue and emerald. We are unable to accept requests for a specific cover. The different covers will be assigned to orders at random. ***

15 month old 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.

15 month old sleep training: Baby Sleep Solution: A Natural Training Method Guide For Solving Your Child's Nighttime Problems Kassandra White, Are you looking for a natural way to get your baby to sleep so you can get the rest you need? Then keep reading! So many new mothers are well-acquainted with the sleep troubles that come along with a new baby. Sleeping through the night is a foreign concept for most infants and most parents are forced to get by on less sleep than they've ever had before. There is a way to get the sleep that Mommy, Daddy, and Baby all need each night

without medicinal practices or methods! In *Baby Sleep Solution*, you will learn about methods that really worked for a mother with her children. So many books on the market are written by doctors who don't really know what it's like to be a parent, or who don't understand the heartbreak a parent has to go through with some harsher sleep training methods. *Baby Sleep Solution* educates the reader, no matter how experienced or new, on why sleep is important, how to set up a routine, and how to consistently get great sleep. In this book, you will find: The natural biological rhythm of a baby and how to work around it Why communication can help you to create the ideal routine Tips to help you keep to a routine, even when you're in unique sleeping arrangements The best ways to spot health problems in various sleep patterns The best sleep a parent can get So much more! Parenting is hard enough! Don't let exhaustion keep you from being the best parent you can be! With this book, you won't have to worry if you've chosen the right method for your baby, you won't have to worry about your child developing damaging sleeping habits that will affect them later in life, and you can take control of your own comfort and stability as the parent in your household. Scroll up and click "Add to Cart" to take control and get better sleep for the entire family!

15 month old sleep training: *American Academy of Pediatrics Guide to Your Child's Sleep* George J. Cohen, American Academy of Pediatrics, 1999 AN INNOVATIVE GUIDE TO HELPING YOUR CHILD -- AND YOU YOU -- SLEEP THROUGH THE NIGHT The foremost medical authority on children's health, the American Academy of Pediatrics, has collected in these pages the best advice on getting newborns, toddlers, and school-age children to sleep. Packed with practical tips, this guide offers invaluable information, answers questions from parents, and provides reassuring advice for preventing SIDS, getting your baby to sleep through the night, and solving sleep-wake problems. Above all, the Academy weighs in on the controversies over the most popular child-sleep advice -- by evaluating the pros and cons of these conflicting theories -- enabling parents to make the best decisions for their families. Here, in a compact and accessible package, is information to ensure that even the most bleary-eyed parents and their children get a good night's sleep.

15 month old sleep training: How Babies Sleep Sofia Axelrod, 2020-08-11 'A clearly explained and reassuring guide from an expert in the field' Publisher's Weekly 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.

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