



## **Nighttime Parenting (Revised): How to Get Your Baby and Child to Sleep**

*William Sears, Mary White (Foreword by)*

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Parenting is a job that goes on twenty-four hours a day. **Nighttime Parenting** helps parents understand why babies sleep differently than adults, offers solutions to nighttime problems, and even describes how certain styles of nighttime parenting can aid in child spacing and lower the risks of Sudden Infant Death Syndrome. Renowned pediatrician **Dr. William Sears** helps you find a solution to your baby's sleepless nights. Directed at lessening night-waking and increasing your ability to cope, this understanding guide offers comprehensive, caring advice on: where your baby should sleep, what foods help children sleep, nighttime fathering, tips for single parents, getting children to bed without a struggle, and much more.

## **Nighttime Parenting (Revised): How to Get Your Baby and Child to Sleep Details**

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## **From Reader Review Nighttime Parenting (Revised): How to Get Your Baby and Child to Sleep for online ebook**

### **Heather says**

This teaches you that parenting is a 24-hour job. It gives you a new perspective about sleeping and helps you cope with the adjustment to different sleep-awake patterns, rather than getting mad at yourself or family because someone won't sleep the way that YOU want.

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### **shanamadele says**

Read this book because 1) I got it from Goodwill, 2) I liked what I read in Sears' other books (with caveats) and 3) Boy wasn't sleeping.

There's little in this book that isn't in Sears' other books. There's a little more science about infant sleep cycles that might help you understand why your child awakens so often. There's a lot more sexism, including tips on natural family planning that made me wonder why they were there.

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### **julie says**

Great if you want your kid in the bed with you! I did take home a couple of good idea's though.

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### **Jamie says**

Hmmm. Not a very helpful book. Here's what I learned: you have to be a good parent at night, too! Comfort your baby, nurse your baby, parent your baby to bed, and sleep with your baby. If you're looking for a book to argue the point for attachment parenting and co-sleeping, this is it. But I need to keep looking for a book that explores more options and ideas for sleep...

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### **Sarah Cauble says**

I liked this book in that a lot of what Dr. Sears writes came naturally to me. I also enjoyed the section on the states and stages of sleep in newborns and adults; it helped me better understand the science of sleep and what my baby is experiencing. On the other hand, I experienced difficulty getting my daughter to nap around 4 months; she no longer fell asleep while nursing and sometimes it could take well over an hour to get her to sleep (at which point she was beyond overtired and had become a "fussy baby"). Ultimately, I had to turn to other resources to solve this napping predicament. Now, at nearly 6 months, we are blending a few styles of nighttime/nap time parenting and have found what currently works for our daughter. I encourage others to read this book as well as other resources to find what works best for your child.

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### **Jessie says**

This book should have been titled: Cosleep to solve 90% of nighttime problems.

I learned a few useful things from this book. I enjoyed reading the different baby personality quiz. Aside from that, it was pretty much very cosleeping, attachment parenting, and cosleeping. Oh, and did I mention cosleeping? Yes, bring your baby to your bed and supposedly they will sleep more. Um, unfortunately my baby sleeps just as long next to me as he does in his own bassinet. The difference is that I don't sleep well next to him because he moves around so much, and I wake up stiff from sleeping perfectly still.

I do like sleeping in the same room - I have certainly noticed some of the benefits this book talks about, such as waking up at the same time, or just before, my baby does each time.

If you're looking for more good reasons to do attachment parenting, you will enjoy this book. Oh, and make sure you try cosleeping. LOL.

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### **Kate says**

This book saved my life! I struggled with how to get my children to sleep and worried that I was doing it wrong, or was making a mistake by allowing my children to be in bed with me. This book confirmed that what I was doing was perfectly natural and taught me ways to make it the most enjoyable experience for all of us as well as how to make the transition to the crib. I highly recommend this book. Especially, if you have a colicky or high needs child.

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### **Kelly Cooke says**

here's the thing about this book: it's not very helpful, per se, in providing actual suggestions for getting your baby to sleep better. it just isn't. BUT. it is helpful for a specific set of people, of which i am a part.

if you have decided that you don't want to let your baby 'cry it out' and you believe that sleeping well is a milestone for a baby like sitting up or walking or whatever else, then this book will help you hang on to that decision and belief. (if you HAVE decided to let your baby cry it out, then you will not need to look very far for support or for a variety of books to help you do that. most baby sleep books advocate some version of crying it out.)

if you have a baby that does not sleep well, feel free to call me up. i will commiserate and tell you my own sad stories. if you don't know me or don't have my number, read this book.

and, i will say here that my baby just recently started sleeping one million times better and it's not because of anything i did or didn't do. i had decided to believe that she would sleep on her own when she was ready and felt safe and it seems like that has worked out to be true. my (awesome) pediatrician told me many months ago that he doesn't think babies have the ability to self-soothe until they are nine months old. my baby started sleeping, literally, the day she turned nine months old. no joke. she now goes to sleep on her own and takes a two hour afternoon nap, hence my lengthy book reviews. hallelujah jesus.

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### **Kendra-sue Derby says**

I know this is completely against what most of the mommies say about this book but I just wasn't impressed.

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### **Denise says**

Lines I loved:

It is better to lose sleep over your children when they are little, than to have to stay up worrying about them when they are older.

Sleep problems occur when your child's night-waking exceeds your ability to cope.

One of the greatest gifts you can give your new baby is a home built on the foundation of a stable and fulfilled marriage.

Calendar parenting simply does not work, and it often produces a short-term gain for a long-term loss.

As you get used to being a unit you will feel right when you are together and not right when you are apart.

Mothers are givers and babies are takers – that is a realistic expectation of a mother-baby relationship.

The tiny infant does not begin this conditioning until around three months, when more wakefulness occurs during the day and more sleep during the night.

In a study of a large group of infants, 70 percent of infants settled (12-5) by three months.

Sleep sharing reflects an attitude of acceptance of your child as a little person with big needs.

To a tiny baby, when mother is out of sight she ceases to exist.

Nursing the baby while sharing naps and nighttime sleep releases prolactin which counteracts the stress of caring for the baby's needs.

The extra touching that a baby receives by sleeping with his parents definitely has a beneficial effect on development.

The quantity and quality of mothering does effect the emotional and intellectual development of the child.

A need that is filled does go away. It may last a little longer than we expect, but eventually it will pass.

Studies have shown that children under three sleep better sharing a bedroom rather than alone in their own rooms.

It is important that when babies are presented with certain cues they know that sleep is expected of them.

Bedtime rituals set the stage and convey the message that sleep is soon to follow.

Sleep is not a stage you can force your child into. Sleep must overtake the child. Parents' role is to create a sleep-inducing environment.

The smooth continuum from a warm bath to warm arms to a warm breast to a warm bed will usually induce sleep to one (or both) of you.

Patting the baby's bottom or back repeatedly at sixty beats per minute may add the finishing touches to the ritual of inducing sleep. Remove your hands gradually, first one, then the other, easing the pressure slowly, as not to startle the baby back to waking.

A study at the University of North Carolina showed that infants remembered what their mothers read to them while in the womb. Babies in this study responded more strongly after stories that they heard while in the womb than to others by the same author.

Your baby can talk. You just need to learn how to listen.

A restrained response to crying undermines the infants trust.

The quicker the cry is responded to, the easier it is to turn it off.

Remember, that it is a person that is crying.

Studies have shown that young babies whose cries are promptly responded to cries less as older infants.

Because of you mother's love for her grandchild, she will naturally want to help and advise. However, for the sake of her grandchild, this help and advice should be on your own terms and not grandmother's. Grandmother has had her shot at parenthood. Now it's your turn.

Letting the dad take over might be necessary if the mother can no longer cope well during the day because of not sleeping at night. This solution may be difficult for a sensitive, attached mother to accept, but she should remember that having dad comfort the baby is not the same as letting him cry. Crying in the arms of a familiar, well loved parent is not the same as being left alone behind the bars of a crib to cry it out.

Sleep maturity tends to take longer to develop in high needs children. These children are very sensitive to environmental stimuli by day and carry this sensitivity into their sleep patterns at night. Parents of a high need child will often describe him as "exhausting but bright." These children seem to be constantly awake and aware, by day and by night, as though they posses an internal light bulb that is always on. Their inner radar system is always tuned in and processing the stimuli around them. One of the problems is that these children never want to turn the light off or the radar down. They do not easily detach themselves from the delights of their environment. They do not give up easily and are therefore very difficult to get to sleep. A seven bedtime is usually an unrealistic expectation for these children. Some sleep researchers feel that it is the ability to stay awake that reflects the maturation of the brain, rather than the ability to go to sleep through the night.

A fussy baby can shake the confidence of a new mother, and this can destroy many of the rewarding aspects of parenting. This leads to a vicious cycle: the less confident you are, the less effective you become at comforting your baby and the more inconsolable he becomes.

Being held in tense arms can be very upsetting to a baby who is already sensitive to tension.

Babies who receive a prompt response to their cries eventually cry less.

A new mother does not exercise wisdom in knowing when she is exceeding her ability to cope.

One of the greatest gifts you can give your child is to love her mother, and one of the greatest gifts you can give your wife is to be an involved father.

The word nightmare arises from the Teutonic word “mar” meaning devil. During the middle ages it was believed that nightmares were caused by a demon pressing upon the sleeper’s chest.

Children who sleep with their parents have fewer nightmares.

Children are more likely to have problems with bed-wetting if their parents were also bed-wetters.

The peak incidence of SIDS is around three months, which coincides with the time most babies begin to sleep “better,” that is, to spend a larger percent of sleep time in quiet sleep.

Breastfeeding protects infants from respiratory and gastrointestinal infections, and these have been shown to contribute to SIDS risk.

Anthropological studies that the rate of SIDS is approximately three to four times higher in countries where mothers do not sleep with their babies.

You will see definite signs of readiness for a nap later: more crankiness, droopy eyelids, slowly down, patting his head down, wanting to nurse.

Rocking of a cradle may lull him back to sleep.

Our modern swinging cradles are the counterpart of the hammocks used to soothe babies in other cultures.

As much as possible try to minimize the changes in your baby’s lifestyle: home, neighborhood, beds and babysitters.

Babies and children of all ages get used to routine in the family lifestyle.

Babies at nine months do not separate from their mothers easily by day or by night.

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## **Leigh says**

Oh my goodness! Out of all of the Dr. Sears' books I own and have read, this is my utmost favorite! If you plan to nurse your baby (or even if you don't), knowing why and how children sleep differently than adults is SO helpful! This book (and Dr. Sears' research) is very educational and makes a lot of sense. If you think it's right to let your child cry it out (which, by the way, crying is their way of communicating), please read this book. Children are not designed to sleep through the night until the age of 2 for various reasons like teething, etc. I can tell you that Briscoe is 13 months at the time I'm reviewing this book on here, and nights that his

teeth are bugging him... he nurses like a newborn! Other nights, he may have three to four or more hours in between nursings. Being a first-time parent, this book really helped me.

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### **polly says**

I like Dr. Sears, and I liked this book. If you are totally opposed to co-sleeping (I thought I was until my son was a few months old, and then pragmatism set in....), be forewarned: this is heavy on the co-sleeping. But having been co-sleeping for a while now, I can honestly say I feel much better rested than I ever did before (and have NO idea how many times my son wakes at night--we just go with it and I hardly wake up to feed/nurse him...it is marvelously easy). My husband is the one who encouraged co-sleeping and I'm glad we've done it.

That said, I read this book AFTER I started and it just helps affirm the good reasons for co-sleeping (also points out that most of the world does this, there's nothing unusual about it, except that our culture just doesn't co-sleep much). Convenience is high on the list, but also the baby's breathing regularity/safety. The benefits, if you are a nursing mother, are tremendous, and he points this out as well. This book also does a nice job of explaining how a baby's sleep habits are different from an adult's--and how it may be unrealistic to expect all babies to sleep through the night (oh, this is so true, at least for some babies!). But rather than to say "accept that you're going to be exhausted" the solution is this: keep the nursing baby in bed.

Lo and behold, it is true. It really does work. And it's terribly cozy to boot. Sure, I'd LOVE it if my child would sleep through the night. But in the meantime, this is what allows me to get sleep when he doesn't!!!

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### **SaraLaLa says**

This book is all about attachment parenting, and if that style's not for you, you'll hate it. Although I consider myself a very responsive parent (not letting my daughter "cry it out" and spending almost every waking hour of every day with her (and several "I should be sleeping" hours, too)), I don't think I need to have my daughter share a bed with me. Don't get me wrong, it'd be cute to have her crawl into our bed on a Saturday morning when she's 3, and not have to get up and go to her. I don't think that it's necessary for a parent to have their child sleep in bed with them all night every night.

The author does provide plenty of evidence for his beliefs, but it still seems a bit too extreme. I found this to be the least helpful of the baby books that I've read. All issues that are covered have the same singular solution: co-sleeping. Any information that the author provided about cribs is outdated. For example, it talks about the use of a drop rail, and those have been banned since 2011. This book was published before that, so it's not the author's fault, but it's important for the reader to know.

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### **Emily says**

A fine introduction to attachment style parenting and how it can help sleep schedules. In the end, you just have to find what sleeping arrangement works best for you (and your spouse/partner) and baby will eventually learn how to organize their own sleep.

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**Michelle Rowe says**

Seemed geared toward older children. feeling bad for the person who suffered longer than I did with no sleep was about the only thing I got out of this book.

It's hard to review any of the "sleep books", since none of them worked for us. I started out thinking they were all pretty good, but since I was unable to implement any of their suggestions I may not be the most objective reviewer.

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