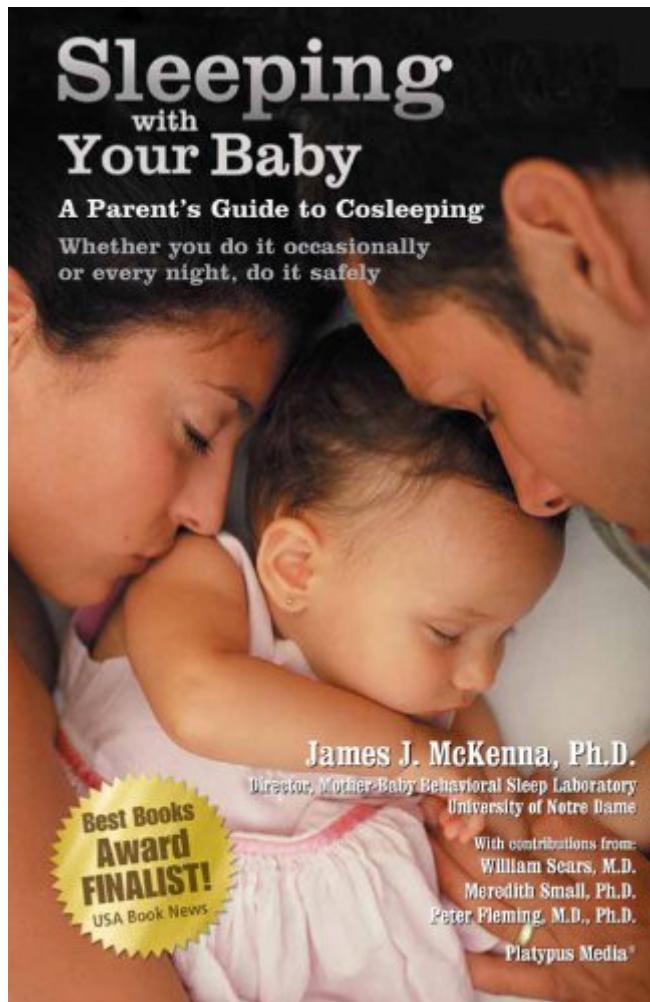


The book was found

# Sleeping With Your Baby: A Parent's Guide To Cosleeping



## **Synopsis**

This book provides the latest information on the potential scientific benefits of cosleeping. Complete with sections minimizing hazards and risks, this book explains why and how to sleep with your baby.

## **Book Information**

File Size: 3611 KB

Print Length: 128 pages

Publisher: Platypus Media; 1 edition (June 1, 2009)

Publication Date: June 1, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B006VDXBW4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #120,389 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #60

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Child Care

#96 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

#128 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting >

Babies & Toddlers

## **Customer Reviews**

In the preface to this book, attachment parenting guru William Sears, MD, author of *The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family* (Sears Parenting Library), identifies James J. McKenna, PhD, as the leading authority on co-sleeping -- and for good reason. Through his work as the director of the Mother-Baby Behavioral Sleep Laboratory at the University of Notre Dame and through countless studies published in collaboration with researchers around the world, McKenna has established a highly specialized niche, mastering the knowledge of the science and anthropology of co-sleeping. Back when I was writing my own sleep book a year ago -- *Sleep Solutions for Your Baby, Toddler and Preschooler: The Ultimate No-Worry Approach for Each Age and Stage (Mother of All Solutions)* -- I noted that what co-sleeping parents really needed was some sort of guide to safe -- or safer -- co-sleeping: a book that summarized all the best evidence

on safe sleeping (as applied to various co-sleeping arrangements) and presented this information in a clear and practical way. In writing *Sleeping with Your Baby: A Parent's Guide to Cosleeping*, McKenna has written just such a book.

If you have ever wondered why billion of babies around the world have survived eons of human history sleeping with their parents when it's obviously so dangerous, this is the book for you. If you cosleep with your baby, and your family is completely ballistic over it, this is the book for you (and them). If you are stumbling through the early days of parenting wondering why your baby screams bloody murder every time you lay him in his beautifully decorated nursery, this is the book for you. If you occasionally take your baby back to bed with you in a desperate bid for sleep, then feel horribly guilty in the morning, this is the book for you. This book is smart, easy to read and packed from front to back with scientifically validated information. This book is an incredibly easy read. I believe it's about ninety pages long, so even a sleep-deprived parent or a recalcitrant partner can read it quickly. Within those pages is a huge amount of information. Rather than expounding his pet theories, McKenna brings in the research, and lots of it. Nevertheless, he keeps his book accessible and easy to read. I was never overwhelmed by the technobabble that occasionally accompanies quotations of scientific research. McKenna doesn't tell you what is best for your baby. He doesn't tell you where your child has to sleep. He offers many different options and leaves it to each family to decide what works best for them. For each option, he also offers information about when it would not be safe. After reading this book, I felt validated in most of the sleeping choices our family has made. I also realized that one of them was extremely dangerous - falling asleep with our baby on the couch. Finally, Dr.

[Download to continue reading...](#)

Sleeping With Your Baby: A Parent's Guide to Cosleeping Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk, Third Edition Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Essential Oils For Babies: The Ultimate Guide

On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) Baby Names: Baby Names for Boys and Girls, Baby Name Meanings, and Name Origins! The Baffled Parent's Guide to Coaching Youth Soccer (Baffled Parent's Guides) The Baffled Parent's Guide to Great Soccer Drills (Baffled Parent's Guides) The Baffled Parent's Guide to Great Basketball Drills (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching Youth Hockey (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching 6-and-Under Soccer (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching Girls' Lacrosse (Baffled Parent's Guides) Child Support for the Non-Custodial Parent: Missouri Edition (Series 1, for the Non-Custodial Parent) It's Twins!: Parent-to-Parent Advice from Infancy through Adolescence Bounce Back Into Shape After Baby: The Ultimate Guide to a Fun-Filled, Time and Energy Efficient Workout-With Your Baby The Practice of Psychoanalytic Parent-Infant Psychotherapy: Claiming the Baby The Baby-Led Weaning Cookbook: 130 Recipes That Will Help Your Baby Learn to Eat Solid Foods\_and That the Whole Family Will Enjoy

[Dmca](#)