



The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years

By Harvey Karp

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America's favorite pediatrician, Dr. Harvey Karp, now focuses his unparalleled knowledge, experience, and insight on solving the #1 concern of parents everywhere: sleep. With *The Happiest Baby Guide to Great Sleep*, Dr. Karp—arguably the world's foremost parenting expert and bestselling author of *The Happiest Baby on the Block* and *The Happiest Toddler on the Block*—offers invaluable tips on how to help your newborn, infant, or toddler get the rest they need, while debunking some of the most widely held myths about babies and sleep. Dr. Karp's advice has already been sought after by some of Hollywood's brightest stars—including Michelle Pfeiffer, Pierce Brosnan, and Madonna—and now his *The Happiest Baby Guide to Great Sleep* can help anyone guide even the most resistant small child gently toward wonderful, restful, healthful slumber, so that mom and dad can enjoy a good night's sleep themselves!

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Editorial Review

Review

“Exhaustion is no longer the fate of all new parents. Now babies and toddlers—and their parents —can sleep better and longer thanks to Dr. Karp’s practical advice and wisdom.” (Arianna Huffington, Editor-in-Chief, The Huffington Post)

“This book is a breakthrough! Poor sleep doesn’t just cause exhaustion; it even triggers obesity - of children and parents! With ingenuity and insight Dr. Karp reveals simple steps to boost sleep...and promote the health of the entire family.” (Francine Kaufman, MD, past-president American Diabetes Association, author of Diabesity)

“What a great job! Dr. Karp weaves together modern science and ancient wisdom to dispel common sleep myths. His simple, clear advice will help your little one sleep through the night.” (Gary Freed, DO, FAAP, FACOP, Director, Pediatric Sleep Center, Emory University School of Medicine)

“If you’re starting to feel ‘sleep’ only exists in a dictionary, then this book was written for you! America’s #1 pediatrician can help turn your nightly stress into glorious rest.” (Laurie David, Mom, Producer - An Inconvenient Truth, Author - The Family Dinner)

“I learned more about kids’ sleep from this book than in my entire thirty years of practice. Dr. Karp’s great advice will make you the happiest parents on the block!” (Harley Rotbart, MD, Professor, Vice Chair of Pediatrics, University of Colorado School of Medicine and Children’s Hospital Colorado, author of No Regrets Parenting)

“Dr. Karp’s white noise advice is incredibly helpful for boosting sleep. I recommend it to my patients...and even use it with my own children! (Ian Paul, MD, Professor of Pediatrics and Public Health, Penn State College of Medicine)

“Dr. Karp is a parenting hero! His Happiest Baby Guide to Great Sleep would have helped tremendously when I was an exhausted new mom. It’s a must have resource for all families.” (Jane Honikman, MS, Founder Postpartum Support International)

“Sleep deprivation often pushes moms into postpartum depression. Dr. Karp’s fabulous new book is at the top of my list to help all new parents get the sleep they need to stay healthy and enjoy this precious time of life.” (Lucy Puryear, MD, Medical Director, The Women’s Place: Center for Reproductive Psychiatry, Texas Children’s Hospital, President, Postpartum Support International)

Amazing! Dr. Karp has done it again! With wit and wisdom he reveals the simple steps to get precious extra hours of rest. This remarkable book will have your babies and toddlers sleeping in no time! (Roni Cohen Leiderman, PhD, Dean, Mailman Segal Center for Human Development, Nova Southeastern University Roni Cohen Leiderman, PhD, Dean, Mailman Segal Center for Human Development, Nova Southeastern University Roni Cohen Leiderman, PhD, Dean, Mail)

“Mixing good science—with a welcome dose of humor—this once-in-a-generation sleep book will strengthen your skills and lower your stress.” (Jetta Bernier, Executive Director, Massachusetts Citizens for

Children)

Once again, Dr. Karp saves parent sanity (and rescues relationships). With his trademark smart, fast-acting advice, he'll help your child - and you - sleep better and longer! (Kyle Pruett, MD, Professor, Yale School of Medicine, co-author, Partnership Parenting)

"When your little child sleeps well...life just seems happier. Dr. Karp's unique and gentle ideas may be exactly what you've been dreaming of!" (Diane Debrowner, deputy editor, Parents magazine)

What a gift! Dr. Karp (once again) makes things so easy. You'll reconnect with the miracle of sleep faster than you can imagine...and you'll be the dad - and husband - you really want to be. It works! (Matt Goldman, Co-Founder- Blue Man Group and Blue School)

Finally, everything you need to know about sleep is all in one book! The Happiest Baby Guide to Great Sleep shows how to get a good night's sleep...without all the tears. It's a must-read for sleep-deprived parents! (Jennifer Shu, MD, pediatrician, co-author of Heading Home with Your Newborn: From Birth to Reality)

Dr. Karp rescues weary parents with great ideas that flip conventional wisdom right on its head! His fresh insights will help turn your bedtime screamer...into a champion sleeper. (Harold Koplewicz, MD, Founder and President, Child Mind Institute)

Exhausted parents will warmly welcome Karp's encouraging tone and innovative, think-outside-the-crib solutions. (Publishers Weekly)

From the Back Cover

Finally, kids *do* come with instructions!

Surprisingly simple steps to boost *your* little child's sleep fast!

Dr. Harvey Karp made doctors applaud and parents cheer with his brilliant solutions to centuries-old problems such as colic and tantrums. Now, in *The Happiest Baby Guide to Great Sleep*, he works his magic once again on the #1 parent complaint: exhaustion! Dr. Karp's surprising insights include:

- Why parents should always wake their sleeping babies when they ease them into bed!
- How a new type of white noise can boost your baby's or toddler's sleep by 1 to 2 hours!
- Easy "no-cry" tips that end infant and toddler bedtime struggles in just days!

Plus dozens more foolproof tips that have helped thousands of families turn nighttime shrieks into nightlong slumber.

About the Author

Harvey Karp, M.D., is a nationally celebrated pediatrician, child development specialist, and children's environmental health advocate. He is on the faculty of the USC School of Medicine and a fellow of the American Academy of Pediatrics. Dr. Karp's books and DVDs, *The Happiest Baby on the Block*, *The Happiest Toddler on the Block*, and *The Happiest Baby Guide to Great Sleep*, teach parents breakthrough techniques to reduce infant crying, boost sleep, build toddler patience, and stop tantrums. Millions of parents have benefited from his advice, including celebrities such as Madonna, Michelle Pfeiffer, Larry David,

Jewel, and Pierce Brosnan. Translated into more than twenty languages and taught across America by thousands of Happiest Baby educators, the enormous popularity of Dr. Karp's work has made him one of the most read—and most trusted—pediatricians in history.

Users Review

From reader reviews:

Alice Black:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the actual Mall. How about open or maybe read a book eligible The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years? Maybe it is to get best activity for you. You understand beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with the opinion or you have different opinion?

Rosalie Dietrich:

Book is to be different for every grade. Book for children right up until adult are different content. As you may know that book is very important for people. The book The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years had been making you to know about other knowledge and of course you can take more information. It doesn't matter what advantages for you. The publication The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years is not only giving you much more new information but also being your friend when you truly feel bored. You can spend your own spend time to read your reserve. Try to make relationship using the book The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years. You never experience lose out for everything should you read some books.

Lisa Martin:

This The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this e-book incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. This The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years without we recognize teach the one who examining it become critical in considering and analyzing. Don't end up being worry The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years can bring whenever you are and not make your carrier space or bookshelves' grow to be full because you can have it in the lovely laptop even phone. This The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years having good arrangement in word as well as layout, so you will not feel uninterested in reading.

Ann Walsh:

Is it a person who having spare time after that spend it whole day through watching television programs or

just laying on the bed? Do you need something new? This The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years can be the answer, oh how comes? It's a book you know. You are so out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these books have than the others?

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