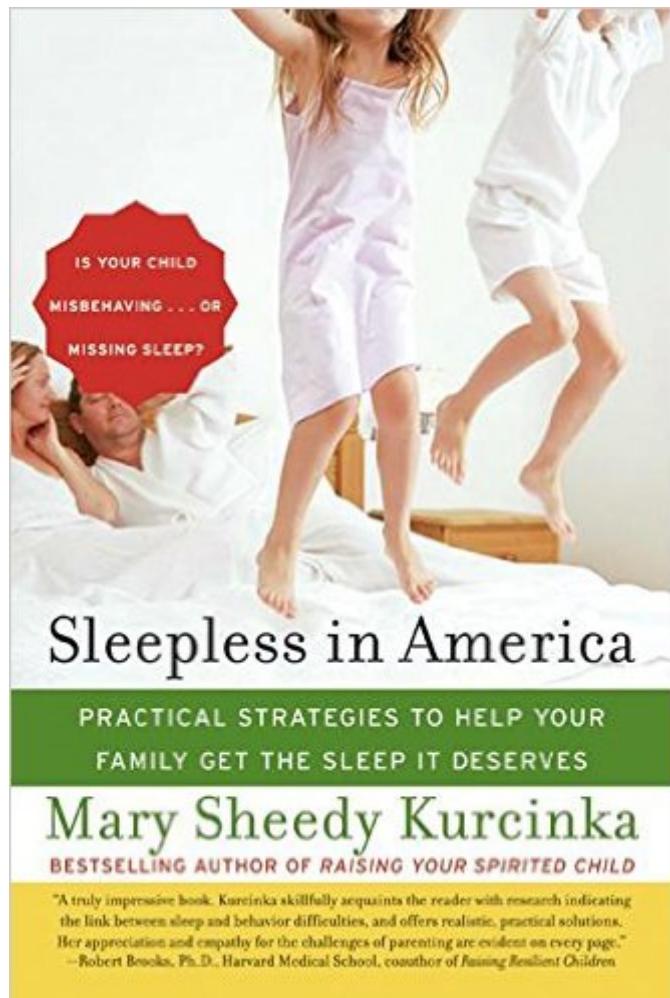


The book was found

# Sleepless In America: Is Your Child Misbehaving...or Missing Sleep?



## **Synopsis**

Does your child Refuse to cooperate in the morning? Get into trouble for not listening? "Lose it" over seemingly insignificant issues? Seem to resist sleep? An estimated 69 percent of American infants, children, and teens are sleep deprived. Studies have shown that sleep deficits can contribute to hyperactivity, distraction, forgetfulness, learning problems, illness, accidents, and disruptive behaviors. Often what our misbehaving kids really need isn't more "consequences" or more medication but more sleep. *Sleepless in America* offers weary and frustrated parents a helping hand and an exciting new approach to managing challenging behaviors by integrating research on stress, sleep, and temperament with practical strategies and a five-step approach that enables parents to help their "tired and wired" children get the sleep they so desperately need.

## **Book Information**

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## **Customer Reviews**

This book is a godsend. We've tried every approach out there for our 4 1/2-month-old daughter who we considered 'colicky' because of her hours-long, irate crying and inability to sleep. We shooshed her, swaddled her, dream-fed her, let her cry it out, tried the EASY method, gave her a pacifier, rocked her for literally hours, put her in the swing, had her sleep in bed with us, had her sleep in her own crib, had her sleep in the bassinet, had her sleep in the car seat, changed her bedtime, took her for walks, drove her around, gave her baths, put on white noise. Nothing worked. Until we discovered *Sleepless In America*. Mary Sheedy Kurcinka helped us to begin to think about sleep in a whole new way and make us realize what we've been doing to actually overstimulate the poor child to the point where she's been over-exhausted, to the point where she can't be soothed enough

to sleep, her entire short life. She's helped us to slow down our own lives, realize we can't just take this baby out and about and expect her to conk out in the stroller or the car seat, and she can't handle being around big crowds or loud noises right now. This book has brought to our attention that we have a special type of kid who needs some extra TLC that 'normal' babies don't require. Our friends think we're crazy and our family think we're bad parents because we have to rock our baby to sleep for every nap and every night, and because she still wakes up four times a night. 'What's wrong with her? What's wrong with you? Just put her in the crib! Let her cry it out!' If you have a child like ours, you will completely understand this just isn't possible, because she's the type of child whose cries will escalate to the point of vomiting if left to fend for herself.

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