



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 be 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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The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years By Harvey Karp Bibliography

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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 Diabetesity)

“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 UniversityRoni Cohen Leiderman, PhD, Dean, Mailman Segal Center for Human Development, Nova Southeastern UniversityRoni 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 Debrovner, 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:

Bethel Stockton:

Book is to be different for each grade. Book for children until eventually adult are different content. As we 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 information and of course you can take more information. It is very advantages for you. The book The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years is not only giving you considerably more new information but also to be your friend when you experience bored. You can spend your own spend time to read your publication. Try to make relationship together with the book The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years. You never feel lose out for everything in case you read some books.

Annie Adcock:

Hey guys, do you wishes to finds a new book to see? May be the book with the headline The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years suitable to you? Often the book was written by well known writer in this era. Often the book untitled The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years is one of several books in which everyone read now. That book was inspired a lot of people in the world. When you read this e-book you will enter the new dimension that you ever know before. The author explained their concept in the simple way, therefore all of people can easily to know the core of this book. This book will give you a lot of information about this world now. So you can see the represented of the world in this book.

Patricia Henderson:

Typically the book The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years has a lot info on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. The author makes some research before write this book. This specific book very easy to read you can obtain the point easily after perusing this book.

Joshua White:

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any it offers you feel happy, fun and rest. Try to choose the best book to suit your needs and try to like reading this.

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