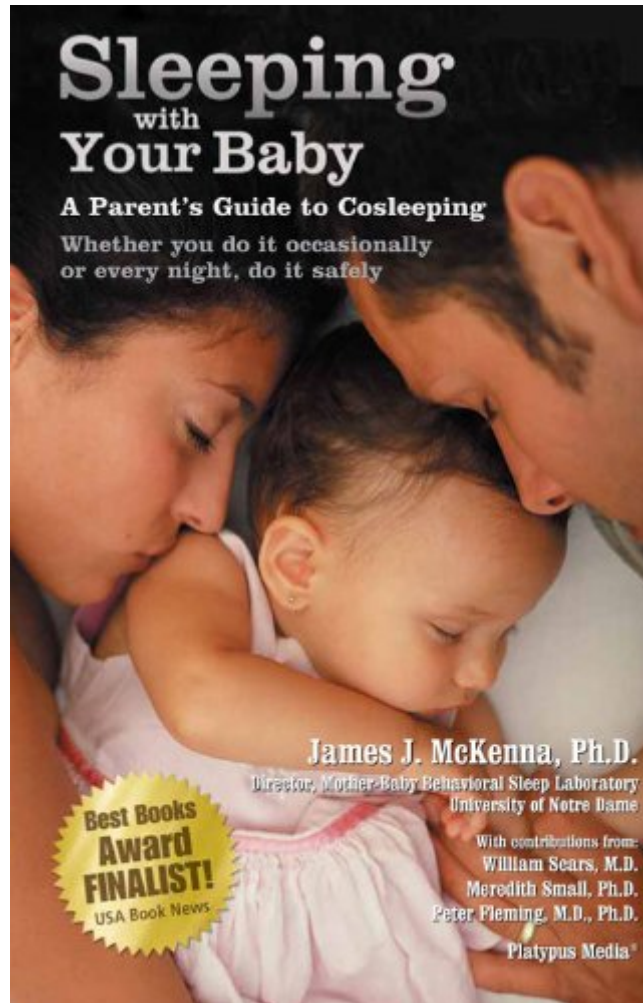


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# Sleeping With Your Baby: A Parent's Guide To Cosleeping



## 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

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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 the is 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 expousing 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.

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