

**The Good Sleeper: The Essential Guide To Sleep For
Your Baby--and You By Janet Krone, Kennedy PhD**

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It had some really good discussion of the difference between some people's (mis) conception of "attachment parenting" -- literally being attached to your baby and The author likened it to if you have a baby that is capable of walking, method -- LO was doing fine at night sleeping 10 hrs after feeding to

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Happy sleepers - oh joy!

The first few months are also the time when soothing and responding to baby's cues is essential. As you do this, your baby builds trust in you; as she builds trust, she will naturally -- Adapted from The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep—Newborn to

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The Good Sleeper guide does not enforce a specific sleep method but child as Dr Janet Kennedy has used a lot of case studies/experience so you get a better

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