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# Twelve Hours' Sleep By Twelve Weeks Old: A Step-by-Step Plan For Baby Sleep Success



## Synopsis

There is no bigger issue for healthy infants than sleeping through the night. In this simple, straightforward book, Suzy Giordano presents her amazingly effective "Limited- Crying Solution" that will get any baby to sleep for twelve hours at night and three hours in the day by the age of twelve weeks old. Giordano is the mother of five children and one of the most sought-after baby sleep specialists in the country. The Washington Post calls her a baby sleep "guru" and "an underground legend in the Washington area for her ability to teach newborns how to achieve that parenting nirvana: sleeping through the night." Her sleep plan has been tested with singletons, twins, triplets, babies with special needs, and colicky babies and it has never failed. Whether you are pregnant, first-time parents, or parents who seek a different path with your second or third child, anyone can benefit from the Baby Coach's popular system of regular feeding times, twelve hours of sleep at night and three hours of sleep during the day, and the peace of mind that comes with taking the parent and child out of a sleep-deprived world.

## Book Information

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## Customer Reviews

"Suzy Giordano [is] an underground legend . . . for her ability to teach newborn babies how to achieve that parenting nirvana: sleeping through the night. The Washington Post [Suzy] Giordano is a godsend. [She] has been good for the whole family. Chicago Tribune "The best parenting book I've read. Reading this book was the best hour's investment I made in my parenting. Boing Boing

Suzy Giordano is a mother of five. She's worked with Washington, D.C., area families as a baby sleep specialist for ten years. Visit her website at [Babycoach.net](http://Babycoach.net). Lisa Abidin is the mother of twins. She has worked as a law clerk and prosecutor. Both live in Virginia.

I was referred by a coworker with 3 children to get this when I had my daughter. My husband read it and then I read it. We both jotted down notes and started following it to the tee. It works. Its hard at first like everything else but it works. If you are consistent and keep at it, the baby will eventually self soothe and sleep. Great book!

In my opinion there is nothing really original or new here. A couple good schedule ideas, but I'm sure you can easily find things like that online. If you are desperate to get a baby to sleep through the night I don't know that this book will be much help

This book is amazing! I've used it on both on my kids (now 3 and 8mos), and both have slept through the night, on a schedule, from 10 weeks on. Since 10 weeks my 3yo has only woken up twice during the night! Neither of my kids were naturally good sleepers, and both were very different. Sticking to the plan was tough, but well worth it. I wouldn't have made it without this book!

This is truly an amazing book. Our kids are older now but we recommend it to all our friends who are new parents. Even purchased this copy as a gift.

Good book. Lots of great tips!

The BEST book on the market for sleep training. Anyone I know that has followed this book, including me, has been able to successfully sleep train a newborn.

Such a great book! We put this in to use and IMMEDIATELY had a much happier baby actually. And we got a lot more sleep! Thanks for sharing what works!

My twin girls will be 12 weeks old on Wednesday and they're sleeping through the night like champs. People are so impressed and many of my friends with 5-6 month old kids are jealous. I highly recommend this book.

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