



The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve Hours a Night

By Suzy Giordano, Lisa Abidin

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Suzy Giordano, affectionately known as "The Baby Coach," shares her highly effective sleep-training method in this step-by-step guide to let both baby and parent enjoy long, peaceful nights. Full of common sense and specific tips, the Baby Coach's plan offers time- and family-tested techniques to help any baby up to the age of 18 months who has trouble sleeping through the night.

Originally developed for newborn multiples, this sleep-training method worked so well with twins and triplets that families with singletons and older babies began asking Suzy to share her recipe for success, resulting in: regular feeding times; 12 hours' sleep at night; three hours' sleep during the day; peace of mind for parent and baby; and less strain on parents - and their marriage. This edition includes a new chapter on implementing the program with babies up to 18 months.

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Editorial Review

Review

"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."

--The 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

About the Author

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.

Lisa Abidin is the mother of twins. She has worked as a law clerk and prosecutor. Both live in Virginia.

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