



The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems

Elizabeth Pantley

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“Easy naptime solutions that really work--without any tears.” Kathy Lynn, President, Parenting Today “Naps: Children need them. Parents want them. Here are the tools to make them happen.” Maureen A. Doolan Boyle, Executive Director, MOST (Mothers of Supertwins), Inc. Does your child: nap only in your arms, a sling, a swing, or the car? require elaborate rituals before sleeping? get fussy, act cranky, or have tantrums due to lack of sleep? take very short naps--or none at all? Naps are important to a child's mood, well-being, and development. The No-Cry Nap Solution offers you a proven formula to allow your baby, toddler, or preschooler to get daily restorative rest. You'll learn gentle, loving, tear-free techniques, developed by world-renowned parenting expert Elizabeth Pantley and tested by hundreds of families around the world, guaranteed to help you: Convince any child to nap every day. Effortlessly settle your child for naptime in his or her own bed. Turn short, fitful naps into long, peaceful ones. Establish a nap schedule that works for you and your child. Easily adapt nap routines to your child's developing needs. Confidently deal with sudden changes, nap strikes, and travel.

The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems Details

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From Reader Review The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems for online ebook

Tyan says

In this book the author goes over naptime and its importance to infant and toddler development. She outlines "good" napping in all its varieties and offers tips for common problems that prevent kiddos from getting good naps. The approaches are not immediate. Almost all require patience to use but they do try to minimize crying as much as possible.

This was a decent book for dealing with nap issues but not my favorite. The tone was a little too informal and the answers a little too pat. However, I did get a lot of good ideas for dealing with some napping issues our girl has. I especially like the advice on getting a child from your arms to the crib. She also has short references to advice from other sleep experts, although I would have liked to see more.

I recommend this book for people who are expecting or who have infants. There is some advice here for toddlers but not as much. The approaches outlined in the book would work great for parents who are using Attachment Style parenting and/or co-sleeping.

Joy says

This book seemed to just be a random pile of ideas. I've heard of all the suggestions before and nothing in this book was earth shattering. This was just a waste of my time.

Jasmin says

This book is great! First of all, it's a quick read; I was able to read through it over the course of two of my four month olds naps. Second of all, the book provides solutions with concrete steps you can follow. Sometimes going through lists of general ideas that might help aren't good enough! I thought it was great to have some actual protocols to put to the test.

I like that she begins by saying if your baby is napping well now and you are happy with how he goes to sleep and where he is sleeping, don't change anything! Personally, I co-sleep and co-nap with my baby and really enjoy it. The thought of having him sleep in his crib saddens me; I would miss that time we share so close together. But it is tricky when I am on the go, and nearly impossible when I am not around. Thus, my husband and I have been beginning to think I should start getting him used to sleeping without being nursed to sleep and without needing to be near me, at least some of the time, if we want to have any flexibility at all. This book offers concrete solutions for how to get him to sleep without nursing or being beside me without him ever have to cry or feel uncomfortable; I appreciate that and would have it no other way.

Since I have just read this book today, I have not yet had the ability to test out her methods. However, her methods seem like they would be very effective so long as you are patient and diligent in trying them out. For all you parents out there who's babies are just starting to have a predictable nap schedule and you are growing tired of holding them in your arms for all their naps; I highly recommend this to you! I also

recommend this to parents-to-be or parents of newborns as there is great advice as to how to start good sleep habits from the beginning in a kind and nurturing way. Overall, this is a great book and inexpensive to boot!

Kristin says

This book didn't have a lot of new information from what I've read online. I think the best part is where she says if what you're doing is working for you, don't feel like you have to change it because of what other people think.

Mary Mulliken says

I read this and the No-cry Sleep Solution at the same time and recommend them highly to all new parents! I am so grateful to Elizabeth Pantley for offering some "solutions" to us parents who would never consider harsh measures like leaving a baby to cry by his/herself into the night. I put "solutions" in quotes because, truthfully, I question all the importance our culture puts on "sleeping through the night" or any other independence-pushing at such a young age. As a co-sleeping and breastfeeding family, we've been pretty much sleeping through the night from day 1, and it's working out well for us. That said, I understand how important sleep is for everyone involved, and how difficult it can be in many cases, so this book offers some really gentle, loving, more long-term solutions so everyone can get the most sleep. While she offers good statistics about how much sleep babies need in different stages of their lives and why that sleep is so important, I appreciate how she repeatedly reminds you that if what you are currently doing is working for your family (ie. nursing to sleep; holding your baby while she sleeps; co-sleeping, etc.), there's no need to seek "solutions" just because our culture tells you what you are doing is "wrong." Sleep is such a hot topic among new mommies, I've noticed, so I am indebted to Elizabeth Pantley for honoring it with such compassion.

Valerie says

Most of the tips in here were in the other book I read from this author.

Ashley says

It was more geared towards older babies/children. It didn't really offer suggestions for the under 1s.

Little says

Yes! Pantley starts with the basic philosophy that if what you're doing works for your family, then it's working. You don't have to change anything if you and your baby happy, no matter what anyone else says. After that foundation is established, Pantley lists a whole host of potential nap "problems" that you might be facing and a range of solutions for each one. Baby won't nap without nursing? If you're happy nursing him to

sleep, keep doing it. If you're not happy, here a handful of suggestions to gently wean him off of nursing to sleep. Same thing with rocking, sleeping next to you, taking naps that are too short, refusing to take naps, and on and on. A HIGHLY recommended resource!

Canoe says

My husband and I have really no interest in the cry it out method. Both of us work and we enjoy our daughter's bedtime. Not only is it one of our treasured bonding times, but in some ways it becomes a little bit of "me" time. How else would I get so much reading done?

This book doesn't make me feel like I am going to screw up my child because I rock her to sleep or let her take naps on me. It has helped me to recognize how important that time really is to me and my husband and let us shrug off the mainstream naysayers.

That being said, there are times when I want her to sleep in her crib for longer naps. Pantley gives us some common sense techniques in helping us do that. For instance, my daughter will go from lap to crib fairly well, but then will only sleep for approximately 30 minutes. Reading this book helped me identify that she may only be going through one sleep cycle. During that awakening period between cycles, she finds herself in the crib and wakes up fully rather than drifting back into another sleep cycle. Some of the suggestions are to incorporate a lovey and preemptively go in her room before the 30 minute mark to help soothe her down as soon as she stirs.

We are starting to incorporate some suggestions. I am hopeful that over time these will work.

This book is a must have for anyone not interested in letting your child cry it out. It does have a lot of common sense, but it is nice to have it presented in a way that helps me combine it all easily.

KimberLeigh Hadfield says

This book addresses every possible napping issue. It is thorough and complete, and takes a gentle, loving approach. The biggest point to learn from this book, which I appreciate, is that we parents need to exercise patience and tender loving care. Children cannot be forced to sleep, anymore than an adult can sleep if they are not tired. I feel like parents, in the rush of life, forget that their children are little people who cannot explain themselves understandably, and patience and care are number one in our parenting.

Sometimes they'll nap great, sometimes they won't. And if we allow ourselves as parents to be OK with whatever our little ones do, everyone is happier.

If we have unreasonable expectations about how our little ones "should" behave/do/act then we set ourselves up for disappointment. Rather, if we allow them the right to be just the way they are, then we experience far greater joy.

This book addresses both the child and the parent as a team in rearing the child (and therefore the parent). Excellent read.

Andrea says

the no cry sleep solution covers everything in this book but adds more on nighttime sleep - get the other book instead.

Tina Leong says

Nice

Useful tips. It may take several weeks to establish a routine though. Be patient and consistent. All hard work pays off!

Natasha says

I like the books much gentler approach to sleep vs the CIO which so many people are supporters of. Honestly as adults we have to do things like eat well, exercise, quit smoking etc and none of us want to be locked in a room and be told to deal with it so what makes us think that we should do to babies that are still getting used to their surroundings is beyond me. I digress, I liked her suggestions of the routine, the dance and explanation of the sleep cycles which helped me understand my baby's sleep much better than just getting flustered out of not knowing why! My baby is now able to put himself to sleep at night with no issues and we're working on the naps right now but he's teething so it's in the works. All in all I have a much happier baby because of this book and I would recommend it to anyone who is not into the Cry It Out method which is just not for me.

Liz says

After writing the original review (see below) I decided (with a friend's help) to mark it down to 2. "It was ok" sounds about right. Overall the book had 2 good things, and at least a dozen fluffy, contradictory, or flat out dangerous things.

I really wish Goodreads let you half star books. At least near the 2 and 3 range, cause this is 2.5 for me. I decided to round up. Why? Well, of the three things that have helped most when trying to get my little one to sleep better, this book gave me one of the ideas. Thing is, I read that idea while browsing through the baby sleep section at Barnes and Noble. When the idea (gentling bouncing my baby's crib mattress when I lay him down for a nap) worked marvelously I couldn't wait to get this book from my library. Well, it came a month later and I read the whole thing and pretty much nothing else struck me as worth trying or I tried them and they failed.

Some of her best ideas are nothing other than common sense. The Pantley dance, really? You're going to actually write three pages of steps on how to "dance" your baby into the crib from the rocking chair? Fluff.

Some of her other ideas are dangerous. I realize she wrote this before huge recalls on sleep positioners, but the first time I saw those at a baby store I just knew in my heart of hearts that it couldn't be a good idea. Then we took our hospital classes (at one of the country's top 25 women and children's hospitals) and the nurses were adamant we throw out any sleep positioners. They didn't even want us to return them, and if we knew a friend had one we should tell them to throw theirs out too. Sure enough, just before our boy was born, all the stores were recalling every type of sleep positioner ever made.

I will acknowledge that she encourages safety for sleep. She supports the family bed so long as you follow safety guidelines. But often she just tells you to look at her website for the rules, instead of actually giving them to you. Also, her "cozy crib" techniques strike me as unsafe as well. She's all about loveys (which I am willing to try at an older age) and lots of blankets and other "cozy" items, and she gives you the green light for these after the newborn stage. Which medically speaking ends at 12 weeks; 12 weeks falls in the 2 month range, which medically speaking is the highest month for SIDS. I think I'll pass on loose blankets and "pillowy" items in my baby's crib while the threat of SIDS is at its peak. Maybe she should just clarify the age appropriateness for these "cozy" items a little more clearly than post newborn.

Also, don't tell me to put my kid in front of a TV when I want them to sleep. And how can you campaign for swings and then slam parents who use a car ride? Especially when you admit they do the exact same thing. I just don't get that.

Okay, one more thing I didn't like. What about acid reflux? She doesn't mention it once! Her section on "colic" should be titled "acid reflux." She mistakenly treats them as equals. Clearly they are not. My child is not fussy, but he has pretty severe reflux. And her "last result" for such "colic" is medicine. My Doctor put my boy on medicine at 1 month and I can't imagine how terrible he'd be without it. I can tell the moment he out grows his dosage cause life quickly gets awful for both of us. I just don't get how you can say medical help for a serious health issue is a last resort but then recommend acupuncture for a baby who doesn't sleep well. Seems kind of contradictory to me.

So I guess this review is all the things I didn't like. Clearly not a 3 star book, but I just can't deny that the gentle bouncing of the crib mattress really improved our naps. I tried using the same technique (per her suggestion) to help prolong his naps by assisting him into a deeper sleep cycle, but it usually just aroused him more than my not interfering, so we are still at 45 minute naps. Which according to Pantley aren't real naps. And I agree, he wakes up yawning, but none of her suggestions for prolonging the nap have worked.

Her charts at the beginning are SUPER helpful. Those live up to the three star rank.

Marissa (Rae Gun Ramblings) says

Good solid things to try that don't involve HOURS of screaming. That being said my kid still does not sleep after trying all the ideas in this book. But I did feel less crazy and more supported after reading this. If anything it was a helpful perspective change although after over a year of holding/driving for naps I'm tired of it.
