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## parenting young children Rant: the attachment parenting explosion

Posted by riddicksk4389 - 2008/11/18 07:16

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Ok, since my wife stays home we talked about it at length and decided to try co-sleeping and alot of other Sear's recommendations. What can I say now? At 8months, our DS won't sleep unless mom is there in bed with him. Sear's recommends that we keep co-sleeping until the baby asks for their own bed but because of financial reasons the wife needs to work and that means either a baby sitter or daycare. The only problem is he's too attached. As his father, I can usually soothe him and get him to bed at night but he's so excited during the day that only his mommy can calm him and help him nap. At night, within 60minutes I can get him to bed. My wife with him can do this in less than a 1/2hr usually. Actually, he cries hysterically if he's left alone for more than 10 seconds. I'm guessing that he needs to gain some level of comfort in being left alone before we can tackle the sleep problem. No? Basically, 1st let him build the association that being alone in a safe area for a little while is a-ok. I'm reading the Healty Sleep Habits, Healty Baby book by Weisenbaum (think I butchered the title).

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Posted by DeliciousTruffles - 2008/11/18 07:16

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It has more to do with your child's temperament than anything else. If you're looking for options, I've heard positive comments about The No Cry Sleep Solution, as well. The author's name escapes me, but I'm sure you can locate it at a bookstore, or at your library. Elizabeth Pantley.

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Posted by toypup - 2008/11/18 07:16

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and decided to try co-sleeping and alot of other Sear's recommendations. What can I say now? At 8months, our DS won't sleep unless mom is there in bed with him. Sear's recommends that we keep co-sleeping until the baby asks for their own bed but because of financial reasons the wife needs to work and that means either a baby sitter or daycare. The only problem is he's too attached. As his father, I can usually soothe him and get him to bed at night but he's so excited during the day that only his mommy can calm him and help him nap. At night, within 60minutes I can get him to bed. My wife with him can do this in less than a 1/2hr usually. We're pretty AP oriented and DH has always been better at putting DS to sleep than I. Of course, I could do it by BF'ing, but DS would wake up as soon as I tried to leave, whereas he slept perfectly for DH. DH could put DS to bed in 5 minutes flat, whereas it took me up to 45 minutes. I was shocked the first time I saw him do it. Nowadays, I follow DH's routine. He was so much better at it than I. How long have you been at it? Maybe it would just take you some time to get DS used to a new routine? Try doing the sleep routine differently from your wife. You may find something that works for you and only you. DH was at a lost at first because he said he couldn't BF DS to sleep, but he found a way. Hang in there!

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Posted by calliaz - 2008/11/18 07:16

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Basically, 1st let him build the association that being alone in a safe area for a little while is a-ok. I'm reading the Healty Sleep Habits, Healty Baby book by Weisenbaum (think I butchered the title). I liked some of the Weisbluth book for the information, but I also thought that the majority of his process was hooley. I much preferred \_The No Cry Sleep Solution\_ for process. Jennifer in AZ

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Posted by P. Tierney - 2008/11/18 07:16

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Basically, 1st let him build the association that being alone in a safe area for a little while is a-ok. I'm reading the Healty Sleep Habits, Healty Baby book by Weisenbaum (think I butchered the title). Though it didn't work for me, the No Cry Sleep Solution has worked for many others and is a good resource. P. Tierney

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Posted by toto - 2008/11/18 07:16

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Actually, he cries hysterically if he's left alone for more than 10 seconds. I'm guessing that he needs to gain some level of comfort in being left alone before we can tackle the sleep problem. No? 8 months is the normal age for separation anxiety and stranger anxiety. This has nothing at all to do with your style of parenting or co-sleeping. So, that said, this is not a good age for mom to start back to work. If she must, it may be harder for him to adjust, if you can wait a month or two, I would suggest doing so. If not, he will adjust, but it will probably be hard on you and on mom. He will outgrow this and you can help him cope with several different strategies. First, play peekaboo a lot. This will give him the idea of people going away and coming back. Second, if you know he cries in 10 seconds, then go out of the room for about 9 seconds and come back. Lengthen the time as he becomes more able to stand the separation. Third, if he is mobile (crawling or scooting), walk around where he can see you and come to you. You can even encourage him to \*come to you\* and pick him up when he does and hug or cuddle him. Fourth, if it's mom he needs, try seeing if he will spend more time with you while she is in the kitchen cooking or in another room. She can also call to him from the other room to reassure him with her voice. If she sings, she can try singing from the other room - a favorite song of his, perhaps. Good luck. Remember that this is not only normal, but if it doesn't happen, you have to worry that the baby is not learning object permanence. This is a leap of growth and development and not something that you should try to avoid.

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Posted by Kane - 2008/11/18 07:16

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Nan I can't think of anyone I would more prefer being in the twit filter of, by the way. Kane

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Posted by Marty Billingsley - 2008/11/18 07:16

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I'm reading the Healty Sleep Habits, Healty Baby book by Weisenbaum (think I butchered the title). I liked some of the Weisbluth book for the information, but I also thought that the majority of his process was hoey. I much preferred \_The No Cry Sleep Solution\_ for process. I thought much of the advice in Weisbluth's book was valuable: setting up a soothing routine (time-limited!), putting the child in bed and quietly leaving. If the child cries and you're reasonably sure they don't have a wet/soiled diaper or have dropped their special blanket/pacifier/whatever on the floor, you let the kid cry it out.....for up to an hour. If you have to go back in at any point, you \*don't\* play with or sing to the child

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Posted by calliaz - 2008/11/18 07:16

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I'm reading the Healty Sleep Habits, Healty Baby book by Weisenbaum (think I butchered the title). I liked some of the Weisbluth book for the information, but I also thought that the majority of his process was hoey. I much preferred \_The No Cry Sleep Solution\_ for process. I thought much of the advice in Weisbluth's book was valuable: setting up a soothing routine (time-limited!), putting the child in bed and quietly leaving. If the child cries and you're reasonably sure they don't have a wet/soiled diaper or have dropped their special blanket/pacifier/whatever on the floor, you let the kid cry it out.....for up to an hour. If you have to go back in at any point, you \*don't\* play with or sing to the child

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Posted by Noreen Cooper - 2008/11/18 07:16

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: What can I say now? At 8months, our DS won't sleep unless : mom is there in bed with him. Sear's recommends that

we : keep co-sleeping until the baby asks for their own bed : but because of financial reasons the wife needs to work : and that means either a baby sitter or daycare. Some children form stronger sleep associations than others. It's worth noting Sears did not practice attachment parenting with his first child. : Actually, he cries hysterically if he's left alone for : more than 10 seconds. I'm guessing that he needs to : gain some level of comfort in being left alone before : we can tackle the sleep problem. No? This could be temperament-based as well. I now have come to believe AP was not the best approach for my child's temperament. He is temperamentally a fearful child and (sorry) but all the 24/7 nursing or cosleeping isn't going to make a temperamentally fearful child less fearful. Some people are just that way in life: more geared up for anxiety than others. : I'm reading the Healty Sleep Habits, Healty Baby book : by Weisenbaum (think I butchered the title). You're probably swinging the pendulum over too far in the other direction, going from AP to Weisenbaum. Ferber's approach is more in the middle. Here is my getting-close-to being-dated sleep bibliography: Cuthbertson, Joanne. Helping your child sleep through the night / Joanne Cuthbertson and Susie Schevill. Garden City, NY: Doubleday & Company, Inc., c1985. Step-by-step instructions on how to resolve common sleep problems for each age group, from birth through age five. Topics such as frequent night nursings in an older baby, delayed bedtimes for toddlers, and moving an older child out of the family bed are discussed. Ferber, Richard, M.D. Solve your child's sleep problems. New York: Simon and Schuster, c1985. The very first book ever written for parents by a sleep medicine specialist on how to solve children's sleep problems. Dr. Ferber details both the medical and habitual causes of the most common sleep problems, providing solutions based on scientific research. Golbin, Alexander Z., M.D. The world of children's sleep: parent's guide. Michaelis Med, c1995. More of a descriptive rather than prescriptive text on children's sleep problems and disorders. A short history of children's sleep medicine is provided along with descriptions of the most common sleep problems for each age group. Huntley, Rebecca. The sleep book for tired parents: Help for solving children's sleep problems. Seattle: Parenting Press, Inc., 1991. In a pro and con format, the author describes four basic approaches for solving children's sleep problems. Asserting that sleep problems are as unique as the individuals involved, she describes the Family Bed approach, the Cry it Out approach, the Teaching in Small Steps approach, and the Living With It approach; allowing parents to choose the method best suited for their particular situation. Lansky, Vicki. Getting your child to sleep...and back to sleep. Deephaven, MN: The Book Peddlers, c1991. Details common reasons for nightwakings; focusing mostly on infants, older babies, and toddlers. Provides some helpful suggestions on coping with the loss of sleep. Mindell, Jodi A., Ph.D. Sleeping through the night: How infants, toddlers, and their parents can get a good night's sleep. New York: HarperPerennial, 1997. This book provides practical techniques and tips on how to get infants and toddlers to sleep through the night. The final section provides help for parents who develop sleep problems of their own as a result of their child's chronic nightwakings. Sears, William, M.D. Nighttime parenting: how to get your baby and child to sleep. Franklin Park, IL: La Leche League International, c1985. Pediatrician and proponent of attachment parenting, Dr. Sears explains how infant sleep cycles differ from adults and that very young children should not be expected to sleep through the night. Sears outlines various solutions to cope with sleepless infants, such as Nighttime Fathering, where fathers are encouraged to take a more active role in soothing the baby back to sleep. Thevenin, Tine. The family bed: an age-old concept in childrearing. Minneapolis, MN: Tine Thevenin, c1976. Testimonies from La Leche League members on the positive aspects of co-sleeping. Other chapters compare the family bed cross-culturally and offer co-sleeping as a solution for frequent night wakings. Weissbluth, Marc., M.D. Healthy Sleep Habits, Happy Child. Fawcett, c1987. This book emphasizes the importance of good sleep habits, asserting a direct cause-and-effect relationship between disturbed sleep and fitful, fussy behaviors in infants and young children. Chapters are divided by age group from infancy through adult, with thorough attention paid to solving sleep problems for older children and adolescents. How parents' attitudes and behaviors contribute to their child's frequent nightwakings is also discussed. Medical Textbooks: Clinical handbook of sleep disorders in children / edited by Charles E. Schaefer. Northvale, N.J.: J. Aronson, c1995. Principles and practice of sleep medicine in the child / Richard Ferber, Meir Kryger. Philadelphia: Saunders, c1995. The seminal textbook in the field of children's sleep medicine research. Sheldon, Stephen H. Evaluating sleep in infants and children. Philadelphia: Lippincott-Raven, c1996. Sheldon, Stephen H. Pediatric sleep medicine / Stephen H. Sheldon, Jean-Paul Spire, Howard B. Levy. Philadelphia: Saunders, c1992. Sleep and its disorders in children / editor, Christian Guilleminault. New York: Raven Press, c1987. Noreen

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