



# The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships)

By Elizabeth Pantley

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**The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships)** By Elizabeth Pantley

**Winner of Disney's iParenting Media Award for Best Product**

*“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

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### **Editorial Review**

#### **Review**

Elizabeth Pantley's insights and practical strategies have helped countless parents around the world. Her ideas are easy to adopt in your home because they are based on common sense, science and the wisdom of experience. She deserves our thanks for providing reassurance and everyday advice and for helping us to become more effective as parents. She inspires us to build homes filled with warmth, love, kindness and respect.

**~ Tim Seldin**

**President, the Montessori Foundation; Chair, The International Montessori Council, and author of How To Raise An Amazing Child**

#### **From the Author**

I thought I knew everything there was to know about naps, since I've written two other books about children and sleep, but I was shocked and amazed at the new information I discovered while writing this book. I set out on this venture knowing that parents struggle getting their children to nap. Everyone knows that children need naps, but the biological reasons behind this will convince you, without a doubt, that you should do everything you can to provide your baby or young child with daily nap time. It is common knowledge that when a child misses a nap he gets cranky, but you will be intrigued to learn the actual reasons why this happens.

Naps take only a few hours of time, but naps - or lack of naps - shape all *twenty-four* hours of your child's day. Naps influence his mood, behavior, health, and even brain development. An appropriate nap schedule is a vital component for your child's healthy, happy life. When you consider all of this, you'll also understand that your child's naps - or lack of naps - can affect all 24 hours of *your* day, as well as your child's.

This book will provide you with information about napping and an assortment of solutions that you can pick from to solve all your child's napping problems.

#### **About the Author**

Elizabeth is a mother of four, parenting expert, and author of eleven popular parenting books, available in twenty-six languages, including the best-selling No-Cry Solution series. She writes on topics such as sleep, separation anxiety, discipline, and picky eating. Visit her blog at [elizabethpantley.com](http://elizabethpantley.com)

### **Users Review**

#### **From reader reviews:**

#### **Daniel Hendrix:**

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships). Try to face the book The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships) as your good friend. It means that it can to become your friend when you feel alone and beside those of course make you

smarter than before. Yeah, it is very fortuned for yourself. The book makes you much more confidence because you can know everything by the book. So , let me make new experience as well as knowledge with this book.

**Debbie Siegel:**

As people who live in the particular modest era should be up-date about what going on or information even knowledge to make these keep up with the era that is always change and advance. Some of you maybe may update themselves by examining books. It is a good choice for you but the problems coming to an individual is you don't know what kind you should start with. This The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships) is our recommendation so you keep up with the world. Why, because this book serves what you want and wish in this era.

**Mandi Rice:**

Nowadays reading books are more than want or need but also turn into a life style. This reading behavior give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want get more knowledge just go with training books but if you want experience happy read one using theme for entertaining for example comic or novel. Typically the The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships) is kind of publication which is giving the reader unpredictable experience.

**Teresa Spillman:**

Are you kind of busy person, only have 10 or 15 minute in your moment to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short time to read it because this time you only find guide that need more time to be study. The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Family & Relationships) can be your answer mainly because it can be read by a person who have those short free time problems.

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