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How to Teach Your Child to Sleep: A Book Review

If you are looking for a book that can help you and your child get a better night's sleep, you might be interested in *Naucite Dete Da Spava*, which means *Teach Your Child to Sleep* in Serbian. This book was written by Dr. Eduard Estivill, a pediatrician and sleep expert who has helped thousands of families overcome sleep problems.

The book is based on the Estivill method, which is a behavioral approach that teaches children to fall asleep on their own and stay asleep throughout the night. The method involves following a consistent bedtime routine, putting the child to bed awake, and gradually reducing the parental presence and intervention until the child learns to self-soothe. The book also provides tips and advice on how to deal with common sleep issues, such as night terrors, nightmares, bedwetting, and snoring.

The book is available in PDF format for download from various online sources[^1] [^2] [^3]. However, some of these sources may not be reliable or safe, so it is recommended to use caution and antivirus software before downloading any files. Alternatively, you can buy a hard copy of the book from online or local bookstores.

If you want to learn more about the Estivill method and how it can help your child sleep better, you can check out the official website of Dr. Estivill at www.estivill.com. There you can find more information about his books, courses, and clinics.

In this article, we will review some of the benefits and drawbacks of the Estivill method, as well as some of the testimonials and criticisms from parents who have tried it. We will also compare it with other popular sleep training methods, such as the Ferber method and the no-cry method.

Benefits and Drawbacks of the Estivill Method

The Estivill method claims to be effective, fast, and easy to follow. According to Dr. Estivill, most children can learn to sleep independently in a few days or weeks, depending on their age and temperament. The method also claims to improve the quality and quantity of sleep for both children and parents, which can have positive effects on their health, mood, and development.

However, the Estivill method also has some potential drawbacks and risks. Some parents may find it hard to follow the method consistently, especially if they feel guilty or anxious about leaving their child to cry. Some children may react negatively to the method, showing signs of stress, anxiety, or attachment issues. Some experts also warn that the method may not be suitable for all children, especially those with special needs, medical conditions, or emotional problems.

Testimonials and Criticisms from Parents

The Estivill method has received mixed reviews from parents who have tried it. Some parents swear by it and say that it has changed their lives for the better. They report that their children are happier, healthier, and more confident after learning to sleep on their own. They also say that they have more time and energy for themselves and their partners.

However, some parents regret using the method and say that it has harmed their relationship with their child. They report that their child is more clingy, fearful, or aggressive after being left to cry. They also say that they have lost trust and respect for Dr. Estivill and his advice.

Comparison with Other Sleep Training Methods

The Estivill method is not the only sleep training method available for parents who want to teach their child to sleep better. There are other methods that have different approaches and philosophies. Here are some of the most common ones:

- The Ferber method: This method is similar to the Estivill method in that it involves putting the child to bed awake and gradually increasing the intervals between parental checks. However, the Ferber method allows more flexibility and adaptation to the child's needs and responses.
- The no-cry method: This method is based on the idea that crying is a sign of distress and should be avoided or minimized. It involves creating a soothing bedtime routine, offering comfort and reassurance to the child, and gradually reducing the dependence on sleep associations.
- The co-sleeping method: This method is based on the idea that sleeping close to the parent is natural and beneficial for the child. It involves sharing a bed or a room with the child, responding to their cues and needs, and following their sleep patterns.

Each of these methods has its own advantages and disadvantages, depending on the parent's preferences, values, and goals. There is no one-size-fits-all solution for sleep training, as every child and family is different.

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