

This Free E–Book is brought to you by [Natural–Aging.com](http://Natural–Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Solving Baby Slep Problems – The Ferber Method**

**By Debbie Walker**

Nothing can prepare new parents for the mind numbing weariness that comes with lack of sleep. A new baby may be tiny but the havoc they wreak to your sleep is huge. It can take work to establish good sleeping habits. One of the hardest things for your baby is to learn to fall asleep on his own.

I firmly believe that parents need to reclaim their evenings. Babies and young children need to go to bed at a reasonable hour so that you can enjoy some adult time (Even if that just means crashing out on the sofa in front of the TV) What you don't want is to be running up and downstairs all evening in response to the baby monitor!

Baby is used to falling asleep with a parent. It may be tempting to rock that crying baby to sleep – it may seem quicker but in the long run you are not helping your baby to learn that sleep is something he needs to do alone.

If you establish a bedtime routine which you stick to every night and after several months your baby will still not fall asleep you might like to try the Ferber Method. Dr. Richard Ferber sets out a schedule that will gradually encourage your baby to sleep without you. This will include getting off to sleep in the first place but will have a knock on effect if baby wakes up during the night.

If you decide to try the Ferber Method choose a time when you can afford to loose some sleep. It will take a couple of weeks of hard work but the rewards will be long term and permanent.

Essentially the Ferber method encourages you to gradually wean your baby from falling asleep with a parent. It does involve listening to your baby cry – so steal yourself to this.

The first night you put your baby to bed as usual (a calm bedtime routine is essential) Baby should be sleepy but still awake when you put him down (You want him to fall asleep alone – not in your arms)

Leave the room. When baby starts to cry (as he inevitably will) sit it out for 5 minutes. After 5 minutes return to the bedroom and soothe baby. You must not pick him up or rock him – just a gentle stroke or pat so that he knows you are close by. Leave the room again and this time wait 10 minutes before you

## Solving Baby Sleep Problems – The Ferber Method

return. Again sooth but do not pick up baby. Leave again and this time wait 15 minutes. Make 15 minutes the maximum wait time for the rest of the night. Return to the bedroom – sooth and leave. During one of the 15 minutes he will fall asleep.

On the second night start with a ten minute wait and work up to 20 minutes.

On the third night start with a 15 minutes and work up to 25

Each night increase the times by 5 minutes.

These time intervals are not cast in stone – make them smaller if you wish but it's really important that you don't cave. It can seem heartbreaking to listen to your baby cry. But you are close by, it's a plan not indifference.

I used the Ferber method with my daughter, when she was a toddler. We had not experienced sleep problems when she was a baby in a crib. The difficulties started when we transferred her to a bed. The night time "pantomime" got more and more elaborate as she extended the time I was in the room with her. She used every trick in the book to get me back into her bedroom and to delay the time when she settled down to sleep.

By the time I came across Dr Ferber's book I was desperate. It was taking longer and longer every night to get her off to sleep but I wasn't prepared for how hard it would be to leave my daughter to cry. In fact most times I was sitting on the stairs crying too. My husband encouraged me stick at it and I'm glad that we did. It really did just take a couple of weeks to set up a pattern that lasted all through her childhood. I found that I could spend some enjoyable bedtimes, reading stories etc, confident that when I said "goodnight" she would snuggle down and go to sleep without any fuss

Lack of sleep is the one of the hardest aspect of new parenthood. Getting baby off to sleep can be a major headache. The primary goal is to get baby off to sleep quickly – and to sleep safely through the night. Debbie Walker runs

<http://www.sleep-baby-sleep.com>

an advice website. You will find articles to

help with all aspects of baby sleep like

<http://www.sleep-baby-sleep.com/co-sleeping-transition.htm>

.

There are also several carefully chose products such as the

<http://www.sleep-baby-sleep.com/baby-sleep-pillow.htm>

## **Kakuro Blocks**

**By Earl Talbot**

There is no straight up, easy way in solving kakuro puzzles. You either sweat it out, thinking of possible combinations, or do the tedious paper and pencil method. Usually, people spend more time trying to think of combinations than actually filling in the puzzles. You know the buzz people get after solving kakuro puzzles? It usually comes after a person boasts of solving his puzzle just as his friends pointed out that he got double 8's in a single block.

But there is a way to stop and prevent this kind of frustration. This is not about a miracle kakuro trick; rather, this is an age-old stand-by that few people take care to know. There are numbers in kakuro puzzles that only have a single valid combination and possibly, a limited number of cells. These number combinations and cells are called kakuro blocks. Accordingly, there are people who swear by using kakuro blocks to make puzzle-solving easier. This is not surprising since kakuro blocks shorten puzzle-solving time, thereby allowing players to solve more puzzles.

But before we get on with kakuro blocks' advantages, let us first define what they are. Kakuro blocks, simply put, is just a list of digits that provide special clues. These clues are often in the form of possible combinations. Also, these are blocks of a definite size and sum that only have a solution in terms of a single choice of digits. These blocks are reserved for a definite combination; only one valid set of digits can fill these in. Kakuro blocks come in cells that require as little as two digits or in blocks that require as many as seven or eight digits. Kakuro blocks base their combinations on the rules of the puzzles. In the puzzles, only the digits 1 to 9 can be used. Also, each number can only be used once in each sum. Consequently, each kakuro block uses only digits less than 10 and assigns each digit to combinations without repetition.

After defining kakuro blocks and their functions, let us examine the advantages of using them in solving kakuro puzzles. Since the blocks follow the rules of kakuro, the risks or possibilities of incurring mistakes are minimized. We all know that an unnoticed mistake in a kakuro puzzle leads to other mistakes, especially if the wrong block is not isolated. Basing other answers on a wrong block or digit often causes problems in solving the puzzles and can eventually lead to redoing the whole thing. Thus, more time and effort are wasted.

Kakuro blocks also save time. Since the blocks provide the only legit combinations for some sums, players only need to identify the digits' correct positions. The blocks also enable the use of techniques such as "unique intersects", "locked values", and "reducing combination". In using "unique intersects", the player only has to look for kakuro blocks with shared cells. Logically, the common number of both blocks is positioned inside the shared box. "Locked values" refer to isolating block values. "Reducing combination" is usually employed if a non-kakuro block intersects with kakuro blocks. Since the non-kakuro block has many possible combinations, crossing kakuro blocks limits the choices. With these tricks, solving kakuro puzzles is a cinch.

Indeed, solving kakuro puzzles is easier with kakuro blocks. They minimize mistakes and shorten solving time. In addition, they are also easy to memorize. In fact, the more frequent you use these blocks, the more you would be familiar with them. Thus, memorizing them takes no time at all. These blocks are also very easy to find; just browse through any site that offers kakuro puzzles and solving strategies.

For more valuable information on kakuro puzzles, please visit

<http://www.free-kakuro-puzzles.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**