**Interview With A World-Class Baby Sleep Training Expert**

Today I had the pleasure – and honor – to speak with Mary-Ann Schuler, child psychologist and world renowned baby sleep training expert. Her impressive rise to fame started when she discovered a very efficient method of putting any baby to sleep – no matter how stubborn or active he may be – in a short time and with no stress. Since then she has helped thousands of babies and families help get good quality sleep, day and night. Here is some of the brilliant advice she had to share with me today:

Me: Hello Marry-Ann. Thank you for accepting my invitation.

**Mary-Ann: It’s a pleasure. Hope I can answer all your baby sleep training questions and help more parents along the way.**

Me: Let’s begin with a short introduction. Did you ever think that you would provide this much-needed help to so many people?

**Mary-Ann: The truth is, I didn’t. But I knew somehow that I had to. Baby sleep issues are among the – if the not most – common problem parents face with their babies.**

**Being a mother at home and a child psychologist at work and still being unable to solve the problem made this even more frustrating.**

Me: That’s really inspiring. The fact that this interview will reach out to a lot of parents who are at their wits’ end not knowing how to address this problem makes it invaluable.

**Mary-Ann: I truly hope so.**

Me: If you were to choose a word to describe the process of sleep training a baby, which one would it be?

**Mary-Ann: Rewarding.**

Me: Wow! I’m convinced that parents love hearing that. Can you tell me exactly what you mean by “rewarding”?

**Mary-Ann: Yeah, sure. Rewarding in the sense that babies and parents are equally benefiting from it. The reward is a good night’s sleep for both.**

Me: And if parents want very fast results?

**Mary-Ann: The truth is, nothing ever happens overnight. They need to remember that consistency and persistence are the keys here.**

**They are the building materials that support the whole structure. Take one out and the building falls to the ground.**

Me: How about positivity? Is it important?

**Mary-Ann: Surprisingly, children can sense if you’re truly happy. In other words, if you’re not happy when you’re teaching them, they won’t be happy learning from you.**

Me: There is an old debate if children need to cry out until they fall asleep or not? What do you think of this?

**Mary-Ann: I have to admit this is among the most common questions I receive. The short answer is no. Children shouldn’t be left alone crying out until they fall asleep.**

**The reason for this is simple: children need affection. If they don’t receive it now, they won’t show it back later in life. Affection, however, doesn’t mean rocking them to sleep every night.**

**The good news is that there is a third way, which is both soothing and efficient. I describe it in detail in my book.**

Me: You wrote the book on how to sleep train every child. If parents pick it up, can they really have a sleeping child in a short amount of time?

**Mary-Ann: As I clearly explained in the book, each child is unique and there are certain differences between each developmental phase. You can’t sleep train a 2-month old baby in the same way you would train a 1-year old. In general, any baby can be trained in a short amount of time, but it all depends on a parent’s consistency in following the routine.**

Me: What is the shortest time someone has ever sleep trained their child using your method?

**Mary-Ann: I receive mails from parents telling me they achieved fast results on a daily basis, but the most amazing mail I read was from a very happy mom who told me that she managed to sleep train her baby in three short days.**

Me: Wow, that’s amazing. So if parents want to use your method and see that kind of fast results, where can they find out more about your program?

**Mary-Ann: They can visit my website! It’s the only place they will find out exactly how I discovered this method and get their hands on a copy for themselves. (**[**Click Here To Visit Mary Ann Schuler’s Site**](http://www.babysleepmiracle.com/)**)**

Me: Thank you very much for your time Mary-Ann.

**Mary-Ann: Any time!**

[**You can find out a lot more about Mary-Ann Schuler and how she came up with those proven methods for sleep training any child by clicking here!**](file:///C:\Users\Marius\Desktop\You%20can%20find%20out%20loads%20more%20about%20Carol%20Cline%20and%20how%20she%20stumbled%20across%20her%20proven%20methods%20for%20potty%20training%20in%20three%20days%20by%20clicking%20here!)