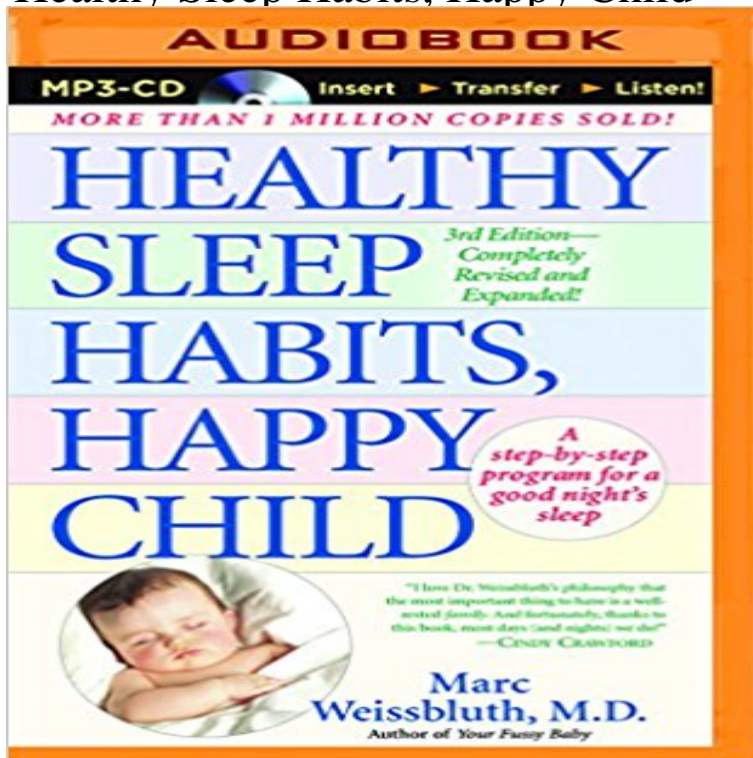


Healthy Sleep Habits, Happy Child



The perennial favorite for parents who want to get their kids to sleep with ease?now completely revised and expanded!In this brand-new edition, Dr. Marc Weissbluth, one of the countrys leading pediatricians, updates his groundbreaking approach to solving and preventing your childrens sleep problems, from infancy through adolescence. In Healthy Sleep Habits, Happy Child, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your childs natural sleep cycles. This valuable sourcebook contains research that Outlines the best course of action for sleep problems: prevention and treatment Reveals the common mistakes parents make to get their children to sleep Explores the different sleep cycle needs for different temperaments Helps you stop the crybaby syndrome, nightmares, bedwetting, and more Analyzes ways to get your baby to fall asleep?naturallyPlus the following new material How to handle nap-resistant kids and when to start sleep-training Focuses on night sleep and day sleep (naps) Help for working moms and children with sleep issues Expanded discussion on the fathers role in comforting children Key studies on how early sleep troubles can lead to later problems The benefits and drawbacks of allowing kids to sleep in the family bedRest is vital to your childs health, growth, and development. Healthy Sleep Habits, Happy Child outlines proven strategies that ensure good, healthy sleep for every age.

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