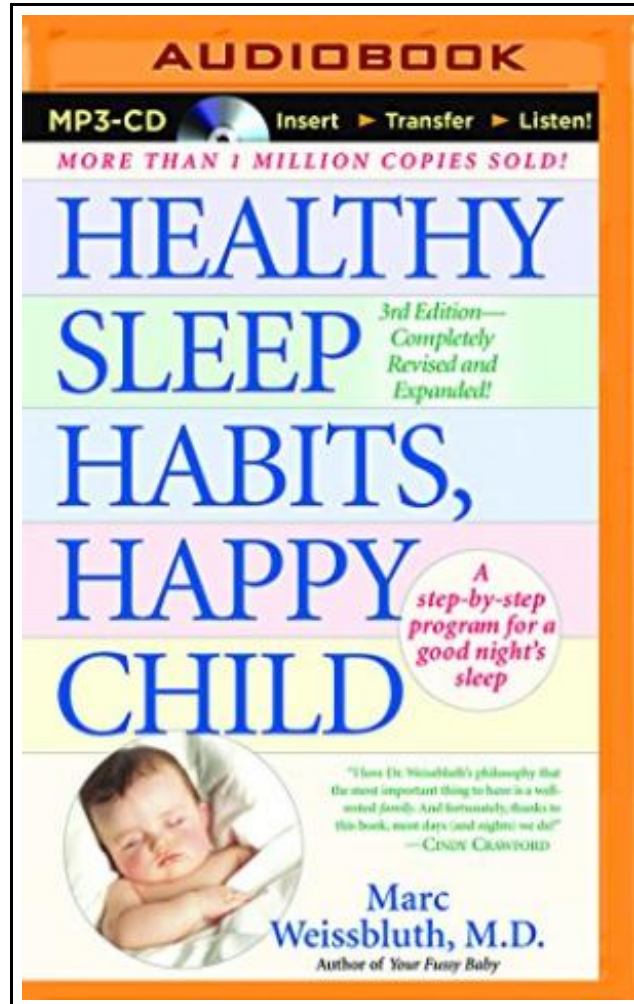


Healthy Sleep Habits, Happy Child



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(Audrey Lowe I)

HEALTHY SLEEP HABITS, HAPPY CHILD



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BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. 3rd. 170 x 135 mm. Language: English . Brand New. 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 country's leading pediatricians, updates his groundbreaking approach to solving and preventing your children's 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 child's 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 naturally
- Plus 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 father's 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 bed
- Rest is vital to your child's health, growth, and development.

Healthy Sleep Habits, Happy Child outlines proven strategies that ensure good, healthy sleep for every age.



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