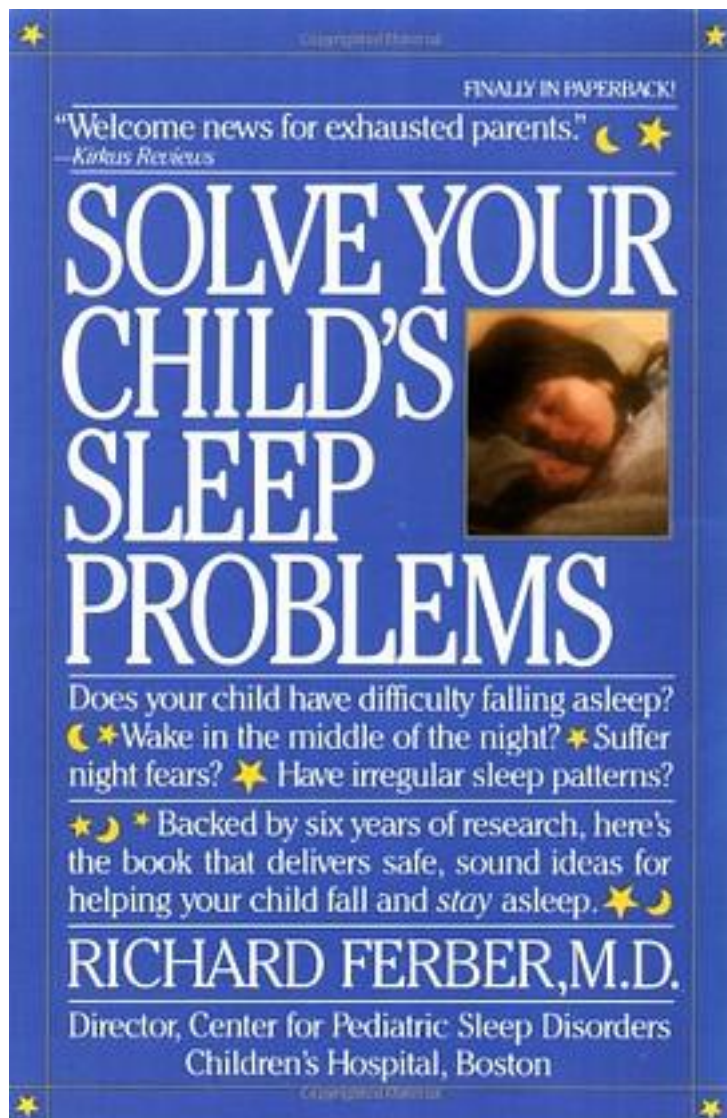


# Solve Your Childs Sleep Problems



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著者:Richard Ferber

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Amazon.com When your child isn't sleeping, chances are that you aren't either. Solve Your Child's Sleep Problems--a tired parent's essential for more than 10 years--offers valuable advice and concrete help when lullabies aren't enough to lull your child into dreamland. Based on Ferber's research as the director of Boston's Center for Pediatric Sleep Disorders at Children's Hospital, the book is a practical, easy-to-understand guide to common sleeping problems for children ages one to six. Detailed case histories on night waking, difficulty sleeping, and more serious disorders such as sleep apnea and sleepwalking help illustrate a wide variety of problems and their solutions. New parents will benefit from Ferber's proactive advice on developing good sleeping patterns and daily schedules to ensure that sleeping problems don't develop in the first place. You'll also find a bibliography of children's books on bedtime, sleep, and dreaming, as well as a list of helpful organizations. Here's a book that is sure to put you and your whole family to sleep--in this case, that's a good thing. Review Kirkus Reviews Those wrestling with a persistent or more serious problem will find this a real boon. See all Editorial Reviews

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