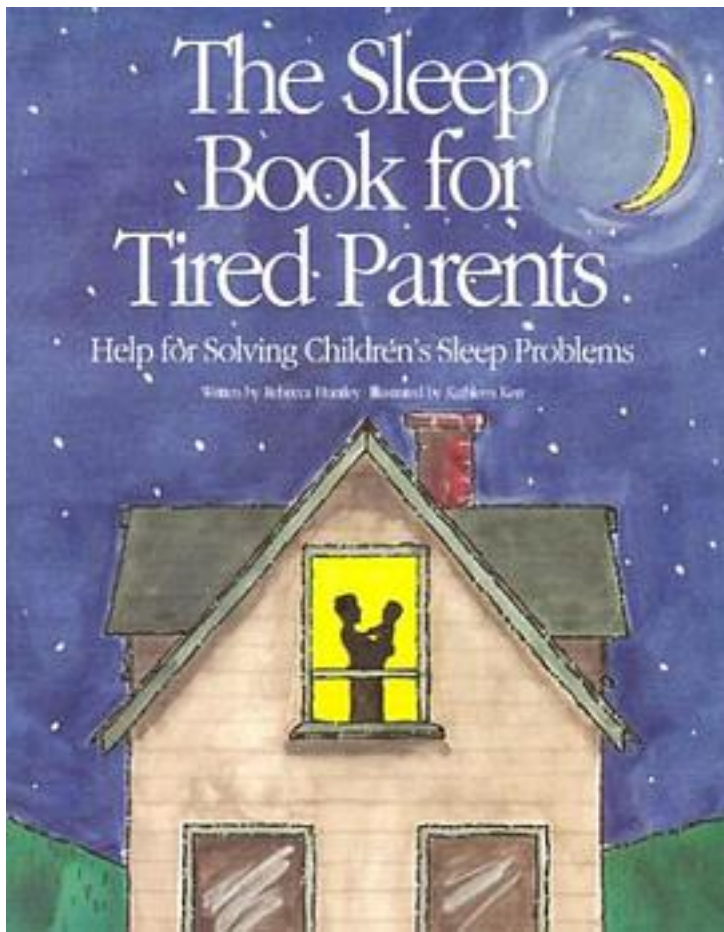


The Sleep Book for Tired Parents



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Weary of that nightly struggle to get your child to bed? Overtired because you've got a kid who can't sleep through the night? Overwhelmed by your child's nightmares? Here's how to stop the cycle of problems. Therapist Rebecca Huntley, an experienced

parent educator, introduces three popular techniques: the Family Bed, Cry-It-Out and Teaching in Small Steps. She explains how you can modify these options to fit your family's values and style. She also emphasizes that there is no single "right" way to handle sleep problems. Each family has the right to make its own choices, according to its values, situation and what works best. "A survival guide for the walking weary," praises the director of the Better Sleep Council.

作者介绍:

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