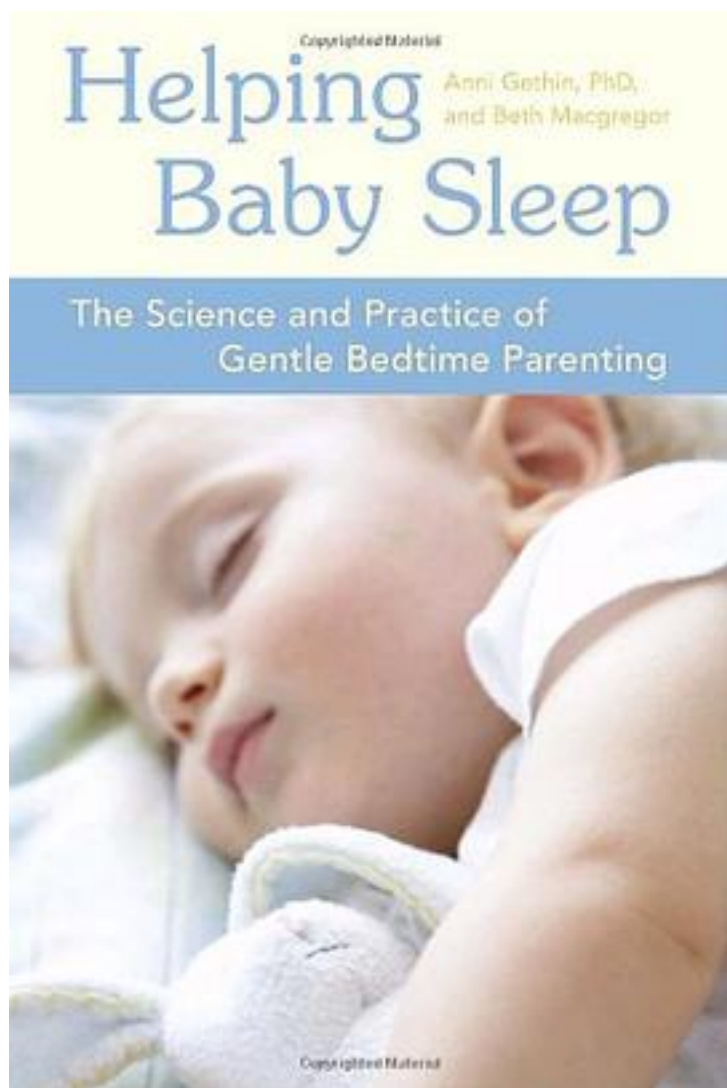


# Helping Baby Sleep



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出版者:

出版时间:2009-7

装帧:

isbn:9781587613401

Child development specialists (and mothers) Anni Gethin, PhD, and Beth Macgregor challenge the wisdom of the popular “cry it out” philosophy and instead advocate a responsive parenting approach during the day and at night. Mining the latest scientific research, the authors show parents how to practice gentle bedtime techniques that respect a baby’s neurological and emotional development. With this supportive, empowering guide, readers will:

- Learn why babies wake at night and need help to settle
- Understand how early parenting choices affect a baby’s growing brain
- Examine why “sleep training” is risky, both in the short and long terms
- Discover how to create an effective sleep routine and safe sleeping environment
- Explore common baby sleep problems and how to cope with them
- Find out how tired moms and dads can build a support system (and stay sane)

Sensitive, responsive parenting establishes a powerful bond between baby and parent--a connection that lays the foundation for healthy emotional and psychological development. Filled with scientific evidence, stories from parents, and testimonials from infant mental health authorities, *Helping Baby Sleep* gives conscientious moms and dads the insight and practical tools to help their babies thrive.

“*Helping Baby Sleep* offers tired parents fresh ideas about how to deeply connect with their infant or toddler to support the transition from wakefulness to sleep. The book is filled with beautifully translated, science-based concepts that are made accessible to parents of all backgrounds. The authors have done a masterful job of elucidating the importance of relationships in shaping the brain. Enjoy and sleep well!”

--Daniel J. Siegel, MD, author of *Mindsight: The New Science of Personal Transformation*, and coauthor of *Parenting from the Inside Out*

“Gethin and Macgregor have boldly and successfully waded into the complex issues of infant sleep, creating a guide that gives parents hope and support. A magnificent gift to mothers and fathers--superb.”

--Michael Trout, MA, director of the Infant-Parent Instit

作者介绍:

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