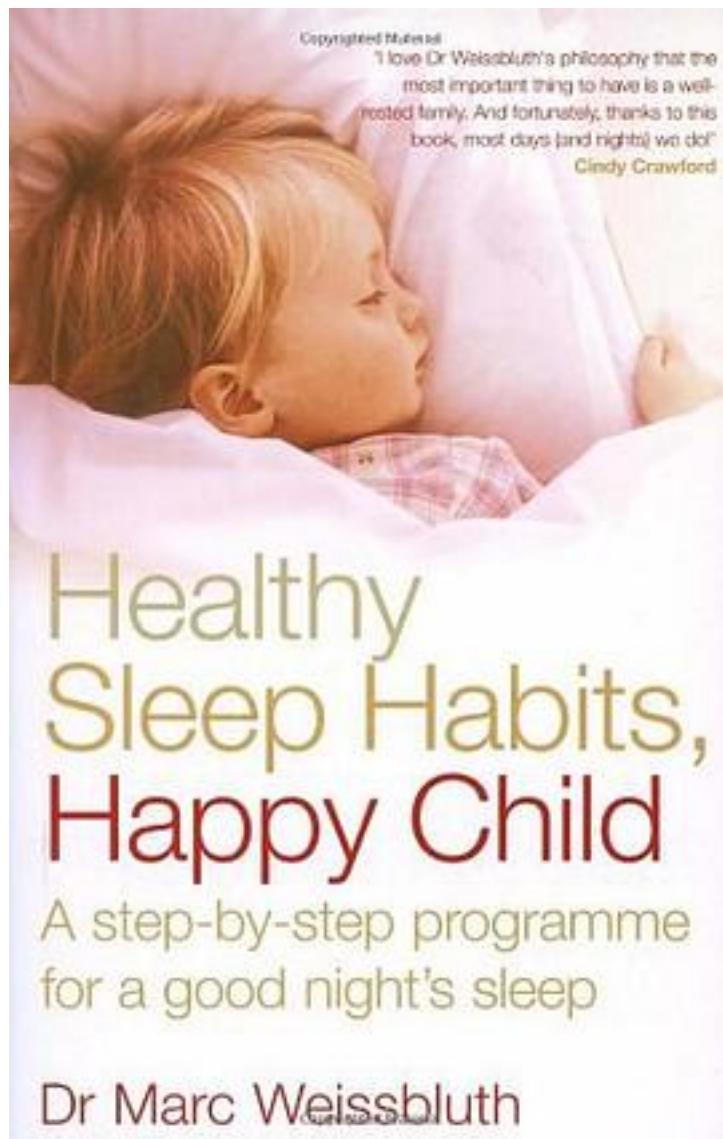


# Healthy Sleep Habits, Happy Child



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In this completely revised and expanded edition, Dr Marc Weissbluth - a leading paediatrician - updates his groundbreaking approach to solving and preventing children's sleep problems, from infancy through to adolescence. In "Healthy Sleep Habits, Happy Child", he explains with authority and reassurance his step-by-step regime for parents for instituting beneficial habits within the framework of their child's natural sleep cycles. This valuable sourcebook outlines the best course of action for sleep problems: prevention and treatment; reveals the common mistakes parents make to get their children to sleep; helps stop the crybaby syndrome, nightmares and bedwetting and provides new material on: how to handle 'nap-resistant' kids and when to start sleep training; help for working mums and children with sleep issues; the father's role in comforting children; the benefits and drawbacks of allowing kids to sleep in the family bed; and much more. Rest is vital to children's health, growth and development. "Healthy Sleep Habits, Happy Child" outlines proven strategies that ensure good, healthy sleep for every age.

作者介绍:

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评论

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