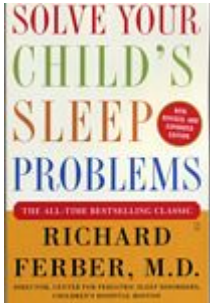
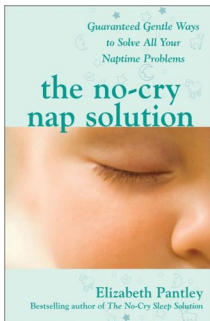


# Sleep



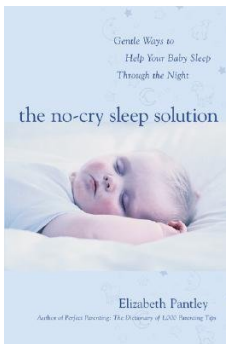
Solve Your Child's Sleep Problems: New, Revised, and Expanded Edition by Richard Ferber

The book is a practical, easy-to-understand guide to common sleeping problems for children ages one to six. It draws on Ferber's research as the director of Boston's Center for Pediatric Sleep Disorders at Children's Hospital. 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.



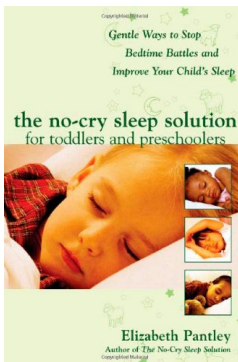
The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems by Elizabeth Pantley

Naps are important to a child's mood, well-being, and development. *The No-Cry Nap Solution* offers a proven formula to allow your baby, toddler, or preschooler to get daily restorative rest. It's filled with gentle loving, tear-free techniques for dealing with children who nap only in your arms, a sling, a swing, or the car; require elaborate rituals before sleeping; or, get fussy, act cranky, or have tantrums due to lack of sleep.



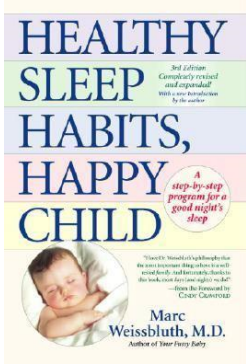
The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night by Elizabeth Pantley

There are two schools of thought for encouraging babies to sleep through the night: the hotly debated Ferber technique of letting the baby "cry it out," or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. Elizabeth Pantley's guide offers an alternative to both of these schools of thought in clearly explained, step-by-step ideas that steer your little ones toward a good night's sleep without crying.



The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep by Elizabeth Pantley

Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. This book is a follow-up to Elizabeth Pantley's megahit *The No-Cry Sleep Solution*. It's filled with positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures.



Healthy Sleep Habits, Happy Child: A Step-by-step Program for a Good Night's Sleep by Marc Weissbluth

Weissbluth presents a step-by-step regime for instituting beneficial habits within the framework of a child's natural sleep cycles. This book contains reviews research that shows how daytime sleep differs from night sleep and why both are important. It also addresses the crybaby syndrome, nightmares, bedwetting, and other problems. In addition, it reveals the common mistakes parents make to get their children to sleep. Weissbluth outlines strategies that bring about good, healthy sleep for every age.

## Picture Books

