



The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family (Paperback)

By M.D William Sears, Martha Sears, James M Sears

Little, Brown Company, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. Everything you need to know about getting your baby or toddler to sleep -- from America's foremost baby and childcare experts. For every parent deprived of sleep by a restless infant or toddler, now there's hope. The Baby Sleep Book is the comprehensive, reassuring, solution-filled sleep resource that every family will want to own. Babies don't automatically know how to sleep through the night; they need to be taught. The Sears family has learned from decades of pediatric practice, bolstered by their own parenting experiences, that different babies have different nighttime temperaments -- and, of course, different families have different lifestyles. Instead of espousing the kind of one method fits all approach advocated in other baby sleep guides, the Sears family explains how you can create a sleep plan that suits the needs of your entire family. With a sharp focus on the practical tools and techniques, The Baby Sleep Book covers such topics as: the facts of infant sleep vs. adult sleep; figuring out where, when, and how your child sleeps; best fail-safe methods for soothing a crying infant; how to make night nursing...



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