

In this completely revised and expanded edition, Dr Marc Weissbluth - a leading paediatrician - updates his groundbreaking approach to solving and preventing childrens 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 childs 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 fathers role in comforting children - the benefits and drawbacks of allowing kids to sleep in the family bed And much more. Rest is vital to childrens health, growth and development. Healthy Sleep Habits, Happy Child outlines proven strategies that ensure good, healthy sleep for every age.

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