

*Expert Guidance From the American Academy of Pediatrics*

# SLEEP



**What Every Parent Needs to Know**

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DEDICATED TO THE HEALTH OF ALL CHILDREN™



The American Academy of Pediatrics and  
**Sleep: What Every Parent Needs to Know**



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**Sleep: What Every Parent Needs to Know, 2nd Edition**, helps parents and caregivers better understand sleep, answering queries and examining conflicting theories to help parents make the very best decisions for their family members. From infants and toddlers to school-aged children and adolescents, sleep problems make a difference everyone in the family. It's problems may be—getting to sleep, remaining asleep, bed-wetting, fears, or nightmares— No matter what a child's never too late to take steps to correct it. Ultimately, most parents face problems in bedtime. Topics include The functions of sleep and how much your child needs Newborn rest patterns Sleep theories and strategies for success Bedtime routines and rituals Coping with fears and nightmares Tips for solving common problems



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The book is also an extremely awkward size and has to be held with two hands, men with huge hands may be alright! there is a few of that kind of information, but a lot more than anything the publication repeats the same fundamental lines that you hear from your ped and all of the old girls in your loved ones - don't cosleep, don't feed before sleep, cry-it-out centered methods - basically the opposite of everything we have been doing with our baby, who is sleeping, ironically (? Five Stars Good book to learn how have my baby have a good sleep. Five Stars Excelente book! I bought it because I believed I would get obvious on what my action plan will be for my children's rest but the author kind of dances around the points give some insight but no very clear plan. Fast delivery. That is a must go through for parents and really should also be recommended to educators and caregivers in a number of capacities. Many parents will reap the benefits of scanning this book. Stress free night times and nap instances are possible...o For those kids who just won't sleep at night. This is definitely secondary but still a bit irritating when you don't possess two hands to spare- as is the case when you are a parent. This is secondary but nonetheless a bit annoying when you don't have two hands to spare- as . same advice you hear everywhere my baby sleeps fine, so didnt buy to find answers to a sleeping problem.. My husband and I purchased this book subsequent our pediatricians advice.... if you have time to browse cover to cover in one sitting. The book sadly seems to jump around a whole lot and for a sleep deprived parent, sometimes all you have to to know is the quick to find advice for the stage your son or daughter is at.No clear strategy laid out This book isn't very helpful. Im a Pediatrician and browse it, it provided a lot of logical tips on helping children establish good sleep behaviors early. Overall, I would do more research and pick a different book. This book was recommended by our pediatrician as we are transitioning our 4 . I'm sure there's a lot of helpful details in it.. This book was recommended by our pediatrician once we are transitioning our 4 month old into a bedroom with this 3 year old. Not merely did I come away with strategies that have helped us tremendously us during this stage, I was educated on the physiology of sleep age groups newborn through adulthood. Straightforward advice Fantastic book with practical advice that really works.. rather, wished to know even more about how exactly much sleep they want, the stages of sleep, do babies dream, how can you know when they are sleepy vs fussy due to something else, etc. The writer left a great deal to the imagination and too much to ponder but no apparent direction so I don't recommend this reserve.) just fine.



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