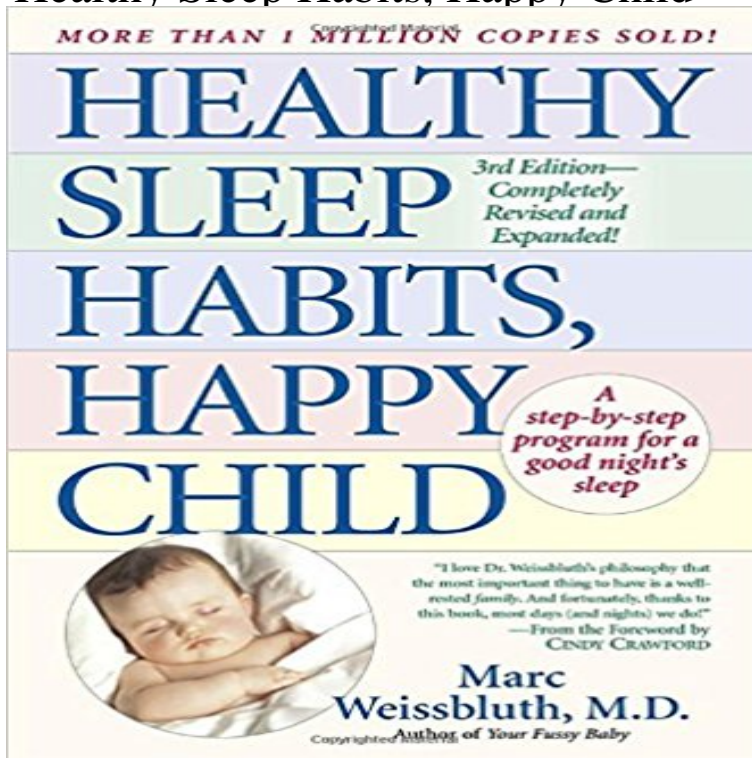


Healthy Sleep Habits, Happy Child



One of the country's leading researchers updates his revolutionary approach to solving--and preventing--your child's sleep problems. Here Dr. Marc Weissbluth, a distinguished pediatrician and father of four, offers his groundbreaking program to ensure the best sleep for your child. In *Healthy Sleep Habits, Happy Child*, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles. This valuable sourcebook contains brand new research that...- Pinpoints the way daytime sleep differs from night sleep and why both are important to your child- Helps you cope with and stop the crybaby syndrome, nightmares, bedwetting, and more- Analyzes ways to get your baby to fall asleep according to his internal clock--naturally- Reveals the common mistakes parents make to get their children to sleep--including the inclination to rock and feed- Explores the different sleep cycle needs for different temperaments--from quiet babies to hyperactive toddlers- Emphasizes the significance of a nap schedule- Rest is vital to your child's health growth and development. *Healthy Sleep Habits, Happy Child* outlines proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems

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