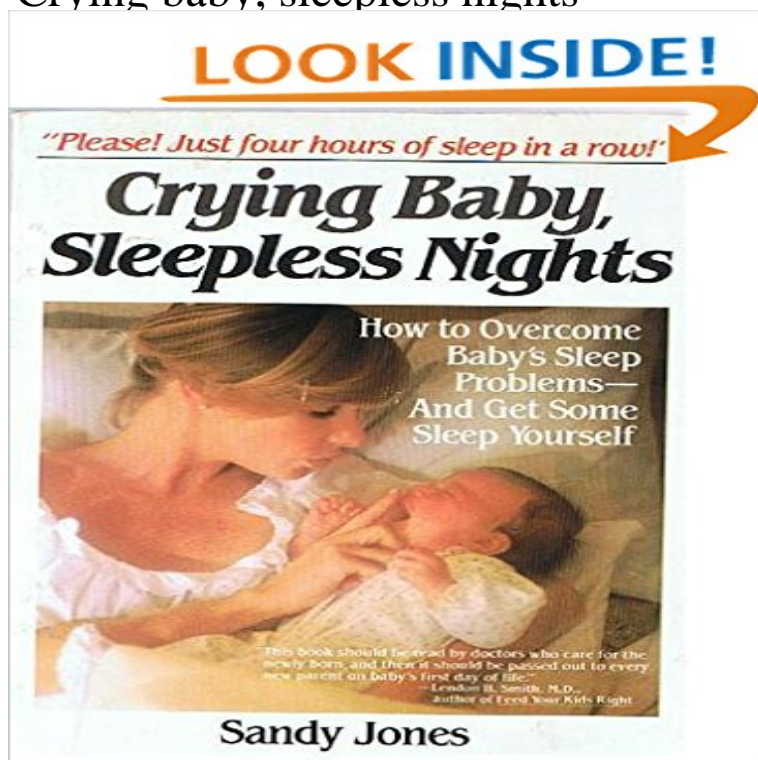


Crying baby, sleepless nights



When a baby won't stop crying, despite rocking, feeding, and burping, parents feel helpless and frustrated—and sometimes, angry and depressed. Writing with empathy for parents and infants alike, Sandy Jones helps parents identify the source of their baby's distress. She covers basic soothing techniques, infant sleep-wake patterns, feeding problems, the colic-allergy connection, and colic drugs. She tells how to diagnose the source of a baby's pain, and how to enlist a doctor's help in diagnosis. Two chapters advise overworked parents about how to take care of themselves and deal with depression. This thoroughly updated edition includes easy-to-use charts and checklists to help parents quickly identify problems and find solutions. Comprehensive and reassuring, *Crying Baby, Sleepless Nights* will help parents keep their babies—and themselves—calm and contented.

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