



Sleep (Practical Parenting)

Siobhan Stirling

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Offering parents advice for dealing with common problems, this title presents tried-and-tested strategies for getting your baby to sleep through the night and for establishing unbroken nights for toddlers and older children. It addresses typical problems such as achieving dry nights, dealing with nightmares, early waking and fears of the dark. Also included are steps to minimize the risk of cot death which claims the lives of around 375 babies in Britain every year. Its easy-to-use format includes general advice, tips, checklists, charts, case studies and Q&As.

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