



Go To Sleep My Baby – Books for Parents



Parents Collection

[Sleep: The Brazelton Way](#) by T. Berry Brazelton.

Provides advice for a wide range of topics for parents of infants, including helping a baby to sleep through the night, weaning a child from the family bed, sleepwalking, nightmares, and teaching children how to get themselves to sleep. (618.928498 BRA)

[Solve Your Child's Sleep Problems](#) by Richard Ferber.

Parents shares accessible advice on how to address sleep problems in children from birth through adolescence, in a reference that covers such topics as night terrors, night wetting, and co-sleeping. (618.92 FER)

[Sweet Dreams: A Pediatrician's Secrets for Your Child's Good Night's Sleep](#) by Paul M. Fleiss.

Dr. Fleiss shares his secrets for discovering a child's natural sleep patterns, developing positive bedtime rituals, nutritional and lifestyle aids to sleep, and how co-sleeping affects normal growth and development. (618.92849 FLE)

[Helping Baby Sleep : The Science and Practice of Gentle Bedtime Parenting](#) by Anni Gethin.

A baby sleep book that advocates responsive parenting and cites research in infant neural and emotional development. (618.928498 GET)

[Good Nights: The Happy Parents' Guide to the Family Bed \(And a Peaceful Night's Sleep!\)](#) by Jay Gordon.

Answering questions about everything from safety to sex, this easy to follow handbook argues that there is nothing wrong with allowing babies to share their parents' bed, furnishing a wealth of new research that demonstrates the advantages. (649.122 GOR)

[Sleep: The Easy Way to Peaceful Nights](#) by Beatrice Hollyer.

It advocates clear, practical methods suitable for all family environments, as well as a list of "Twelve Golden Rules" for helping youngsters sleep well during the first three years of life. (649.122 HOL)



[The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Baby Sleep Longer](#) by Harvey Karp. (also in DVD)

A pediatrician and child development specialist combines cutting edge medical research with personal experience to create a sensible, easy to follow, four step plan for soothing a cranky infant. (649.122 KAR)

[Getting Your Child to Sleep-And Back to Sleep](#) by Vick Lansky.

This practical guide provides a wealth of hints to help a sleepless child get that much-needed rest. Whether it's colic, crying, bedtime, naptime, bad dreams, or the inevitable "I need a drink of water," the author suggests an innovative solution, from capturing the "scary monster" in a paper bag to discouraging sleepwalking with a bell on the doorknob. (618.928498 LAN)

[Bedtiming: the Parent's Guide to Getting Your Child to Sleep at Just the Right Age](#) by Marc Lewis.

Bedtiming is a simple, sensible, and reassuring guide that will help children and parents get a good night's sleep. (649.6 LEW)

[The Everything Get Your Baby to Sleep Book: Solve Common Problems So You Can Rest, Too](#) by Cynthia MacGregor.

You'll learn to read your baby's needs-from establishing a bedtime routine and soothing your baby to sleep to finding the right crib and getting your baby used to new surroundings. (618.928498 MAC)

[Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep](#) by Jodi A. Mindell.

An updated handbook for parents on how to deal with the sleep problems of small children offers detailed guidelines on how to train an infant to sleep through the night. (618.9284 MIN)

[The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night](#) by Elizabeth Pantley.

Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed and sleep all night, without having to resort to punishments or other negative and ineffective measures. (649.123 PAN)

[The Little Terror Good Sleeping Guide](#) by Charlotte Preston.

Tells how to get infants to sleep through the night, describes what to expect at different ages, and shows ways to help a young child develop good sleep habits. (649.122 PRE)

[Nighttime Parenting: How to Get your Baby and Child to Sleep](#) by William Sears.

A guide to understanding the sleep patterns and needs of children covers nighttime nursing, the family bed, SIDS, crying, and problem-free bedtime routines. (618.928498 SEA)



Longwood Public Library



800 Middle Country Road, Middle Island, New York 11953

[The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family](#)
by William Sears.

Counsels parents of infants and toddlers on how to address a variety of sleeping challenges with solutions that can be adapted to lifestyle needs. (618.928498 SEA)

[A Parent's Guide to Getting Kids Out of the Family Bed: a 21 Day Program](#) by Lawrence E. Shapiro.

This workbook will help you set limits, not only with respect to keeping kids in their own beds, but also in other areas of your child's life. (649.122 SHA)

[The Sleepeasy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep – From Birth to Age Five](#) by Jennifer Waldburger.

A family-friendly guide teaches sleep-deprived parents how to define their own individual sleep goals that work for their family's schedule and style. (649.122 WAL)

[Good Night, Sleep Tight: The Sleep Lady's Gentle Guide to Helping Your Child Go to Sleep, Stay Asleep and Wake Up Happy](#) by Kim West.

Good Night, Sleep Tight outlines a proven two week technique in easy to follow language, featuring case studies that give readers real-life examples of the sleep roadblocks children often encounter and the tools to overcome them. (649.122 WES)

DVDs

[Baby's first year, sleep, coping strategies](#)

Looks at babies' sleep patterns and how the families are coping with a new schedule. (649.122 BABYS)

