



Solve Your Child's Sleep Problems

By Richard Ferber



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Solve Your Child's Sleep Problems By Richard Ferber

You've tried everything. Warm milk. Bedtime stories. Sharing your bed. But your child still has problems falling asleep. Dr. Richard Ferber can help. Director of the Sleep Laboratory and Center for Pediatric Sleep Disorders at Children's Hospital in Boston, Dr. Ferber is widely recognized as the nation's leading authority on children's sleep problems.

Practical and easy to understand, *Solve Your Child's Sleep Problems* tells you how to handle these situations in children aged one to six:

- * Refusing to go to bed
- * Colic and other medical problems
- * Restlessness and insomnia
- * Night terrors
- * Bedwetting
- * Headbanging and body rocking

And other problems that keep you and your child awake in the night.

Based on six years of intensive research in a top medical facility, *Solve Your Child's Sleep Problems* is packed with tips, suggestions, sample problems and solutions, and a bibliography of children's "go-to-sleep" books.



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Editorial Review

Amazon.com Review

When your child isn't sleeping, chances are that you aren't either. *Solve Your Child's Sleep Problems*--a tired parent's essential for more than 10 years--offers valuable advice and concrete help when lullabies aren't enough to lull your child into dreamland. Based on Ferber's research as the director of Boston's Center for Pediatric Sleep Disorders at Children's Hospital, the book is a practical, easy-to-understand guide to common sleeping problems for children ages one to six. Detailed case histories on night waking, difficulty sleeping, and more serious disorders such as sleep apnea and sleepwalking help illustrate a wide variety of problems and their solutions. New parents will benefit from Ferber's proactive advice on developing good sleeping patterns and daily schedules to ensure that sleeping problems don't develop in the first place. You'll also find a bibliography of children's books on bedtime, sleep, and dreaming, as well as a list of helpful organizations. Here's a book that is sure to put you and your whole family to sleep--in this case, that's a good thing.

Review

Kirkus Reviews Those wrestling with a persistent or more serious problem will find this a real boon. --

Review

About the Author

Dr. Richard Ferber is widely recognized as the nation's leading authority in the field of children's sleep problems. Director of the Sleep Lab and the Center for Pediatric Sleep Disorders at Children's Hospital in Boston (Harvard University's pediatric teaching hospital), Dr. Ferber also teaches at Harvard Medical School and is a pediatrician.

Users Review

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Maritza Berry:

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Ricardo Donaldson:

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Cassandra Sanderson:

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