

The Happiest Baby on the Block

HARVEY KARP, MD

Written specifically for parents of newborns with the goal of helping parents find ways to soothe and settle their crying babies to sleep better and longer. The book contains a wealth of information about temperament, colic and newborn sleep patterns. This book is targeted to baby's first three months and getting your baby off to a good start with healthy sleeping habits.

Solve Your Child's Sleep Problems

RICHARD FERBER, MD

While sometimes maligned as a “cry it out” approach, this book contains an excellent explanation of the science of sleep and a careful and detailed plan to help you teach your baby to fall asleep on his or her own. Ferber advocates a “graduated extinction” method that works when done correctly and consistently. The method involves putting your baby to sleep while they are awake but sleepy and relaxed, and when your baby protests you return to reassure baby at increasingly longer intervals. This comprehensive book covers a range of other sleep issues and topics, such as napping problems, sleepwalking and night terrors, sleep schedule difficulties and co-sleeping. Ferber also provides targeted plans waking and feeding schedules, sleep problems associated with a new sibling, and time changes.

Healthy Sleep Habits, Happy Child

MARC WEISSBLUTH, MD

Billed as a step-by-step program for a good night's sleep, this three-part book is helpful reading right from the time you bring your new baby home. The first part reviews infant and child sleep physiology and discusses how daytime and nighttime sleep are different. The second part is divided into chapters by age, detailing how babies should be sleeping and how parents can help to establish healthy sleep habits. The third section addresses many other common sleep problems such as sleepwalking, time changes, nap refusals and more. Weissbluth also advocates for a method called “extinction” with open-ended crying or “graduated extinction” similar to Ferber's method.

Sleeping Through the Night

JODI MINDELL, PHD

The underlying message of this book is similar to Weissbluth's and Ferber's: help your baby learn to fall asleep on his or her own. Mindell allows a more flexible approach for those parents who are uncomfortable allowing their baby to “cry it out.” The author devotes much of the book to relaxation strategies for parents and babies and tips for how to create bedtime routines, as well as common sleep challenges.

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Contact your pediatrician's office for more information
or to schedule an appointment, 650.498.6500

The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well & Wake Up Happy

KIM WEST

The Sleep Lady Shuffle approach is a gentle behavior modification technique that helps babies gradually master solo sleeping and self-soothing. She avoids the extinction or “cry it out” approach and instead covers such general sleep tips as creating a sleep-friendly environment and offers individual chapters addressing various age groups from newborn to five. The book includes information on sleep safety, pacifier use, breastfeeding, toddler naps, co-sleeping, interpreting newborn cries, and phasing out nighttime feedings.

INTERNET RESOURCES

Learn more about creating healthy sleep habits on www.parenting.com, www.healthychildren.org, and www.kidshealth.org.