



## Solve Your Childs Sleep Problems New, Revised, and Expanded Edition

By Richard Ferber

Fireside. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 8.9in. x 5.7in. x 1.2in. Does your child Have difficulty falling asleep Wake in the middle of the night Suffer sleep terrors, sleepwalking, or nighttime fears Have difficulty waking for school or staying awake in class Snore, wet the bed, or head bang In the first major revision of his bestselling, groundbreaking classic since it was published twenty years ago, Dr. Richard Ferber, the nations foremost authority on childrens sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day. Incorporating new research, Dr. Ferber provides important basic information that all parents should know regarding the nature of sleep and the development of normal sleep and body rhythms throughout childhood. He discusses the causes of most sleep problems from birth to adolescence and recommends an array of proven solutions for each so that parents can choose the strategy that works best for them. Topics covered in detail include: Bedtime difficulties and nighttime wakings Effective strategies for naps Sleep schedule abnormalities A balanced look at co-sleeping New insights into the nature of sleep terrors and sleepwalking Problems in setting limits Sleep apnea,...



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### Reviews

*The book is fantastic and great. It is rally exciting through looking at period of time. Your way of life period will likely be change when you full reading this publication.*

-- **Elijah Kuphal**

*Comprehensive guideline! Its this sort of good read. It is actually writter in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.*

-- **Mabelle Wuckert**