



American Academy of Pediatrics Guide to Your Child's Sleep: Birth Through Adolescence

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The foremost medical authority on children's health, the American Academy of Pediatrics, has collected in these pages the best advice on getting newborns, toddlers, and school-age children to sleep. Packed with practical tips, this guide offers invaluable information, answers questions from parents, and provides reassuring ad-vice for preventing SIDS, getting your baby to sleep through the night, and solving sleep-wake problems. Above all, the Academy weighs in on the controversies over the most popular child-sleep advice--by evaluating the pros and cons of these conflicting theories--enabling parents to make the best decisions for their families.

Here, in a compact and accessible package, is information to ensure that even the most bleary-eyed parents and their children get a good night's sleep.

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Editorial Review

From Library Journal

Everything you want to know about night terrors, midnight ramblers, larks and owls, and snoring in children can be found between the pages of this handy guide from the American Academy of Pediatrics. Representing a consensus of its 55,000 members, it offers reassurance to parents of newborns and young children with explanations of normal sleep patterns and common problems such as night waking and monsters under the bed. The guide emphasizes the importance of bedtime rituals and good sleep hygiene, physical problems that may affect sleep quality, and differences in temperament and developmental stages. Controversies such as the family bed vs. cribs for newborns and whether or for how long to allow a baby to cry at bedtime are also addressed. Though this is written largely for parents of infants and young children, it does touch upon the sleep problems of school-age children and adolescents: if you have to pry your teen out of bed with a crowbar in the morning, this book will tell you why and what can be done about it. A list of sleep centers is appended. Recommended for public libraries and parenting/consumer health collections. Anne C. Tomlin, Auburn Memorial Hosp. Lib., NY

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From the Inside Flap

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Here, in a compact and accessible package, is information to ensure that even the most bleary-eyed parents and their children get a good night's sleep.

About the Author

George J. Cohen, M.D., F.A.A.P., is attending pediatrician at Children's National Medical Center and a professor of pediatrics in Washington, D.C.

The American Academy of Pediatrics is an organization of more than 55,000 primary-care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults. Previous AAP books include the Guide to Your Child's Nutrition and Guide to Your Child's Symptoms.

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Darron Hiller:

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Diane Walker:

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