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Helping Your Baby to Sleep [Third Edition]

By Beth Macgregor

Finch Publishing, 2015. Paperback. Condition: New. Helping Your Baby to Sleep (Anni Gethin and Beth Macgregor) is a completely revised, updated and expanded edition of this Australian baby sleep classic. It now contains extended advice, especially on common sleeping problems, a whole new chapter on toddler sleep and strengthened practical guides. Helping Your Baby to Sleep offers parents ways of creating better sleep conditions for their babies that won't endanger their mental health and allows them to feel loved and safe. Babies thrive when parents are sensitive to their needs at all times, including during the night. Examining the science of baby sleep reveals that babies wake up and need help to settle for many reasons, as frustrating as this may be to parents. the authors offer a strengthened rebuttal against two recent Australian studies promoting sleep training and controlled crying. they point out that the research was poorly designed and roundly criticised by academics across the world. there is no evidence of controlled crying's safety and plenty of evidence about the risks associated with this technique, so it simply shouldn't be advised to parents any more. Many parents find that their confidence is deeply undermined by all of the poor...



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