



Helping Baby Sleep: The Science and Practice of Gentle Bedtime Parenting

By Anni Gethin, Beth MacGregor

Celestial Arts. Paperback / softback. Book Condition: new. BRAND NEW, Helping Baby Sleep: The Science and Practice of Gentle Bedtime Parenting, Anni Gethin, Beth MacGregor, Child development specialists (and mothers) Anni Gethin, PhD, and Beth Macgregor challenge the wisdom of the popular "cry it out" philosophy and instead advocate a responsive parenting approach during the day "and" at night. Mining the latest scientific research, the authors show parents how to practice gentle bedtime techniques that respect a baby's neurological and emotional development. With this supportive, empowering guide, readers will: "- Learn why babies wake at night and need help to settle- Understand how early parenting choices affect a baby's growing brain - Examine why "sleep training" is risky, both in the short and long terms- Discover how to create an effective sleep routine and safe sleeping environment- Explore common baby sleep problems and how to cope with them - Find out how tired moms and dads can build a support system (and stay sane)" Sensitive, responsive parenting establishes a powerful bond between baby and parent--a connection that lays the foundation for healthy emotional and psychological development. Filled with scientific evidence, stories from parents, and testaments from infant mental health authorities,...



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Reviews

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-- **Micaela Kutch**

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Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting, Anna Glas, Ase Teiner, Malou Fickling, There are loads of books covering the basics of getting along with and disciplining children, but...



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DK Publishing. Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L1: Jobs People Do: A Day in the Life of a Firefighter, Linda Hayward, DK Publishing, This Level 1 book is appropriate for children who are just beginning to read....



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DK Publishing. Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L2: Survivors: The Night the Titanic Sank, Caryn Jenner, Linda Martin, Will Tate and his family set sail for America. But they are on board the Titanic, the "unsinkable" ship,...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



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DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L1: Feeding Time, Lee Davis, DK Publishing, Linda Martin, This Level 1 book is appropriate for children who are just beginning to read. Which animal enjoys breakfast in...