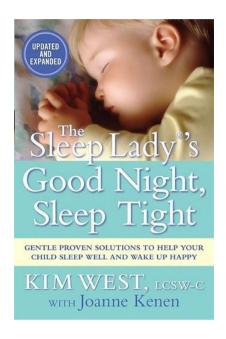
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Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, Good Night, Sleep Tight offers a practical, easy-to-follow remedy that will work for all families in need of nights of peaceful slumber!New material and updates include: New research on pacifiers and SIDS, the impact of sleep deprivation on postpartum depression Additional guidance on feeding your baby and toddler and how feeding relates to sleep What you can do to improve your babys sleep habits before 6 months New information on breastfeeding Preparing a sibling for the birth of a baby Creating a secure attachment with your baby while instilling healthy sleep habits for the family How to read your babys cries

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