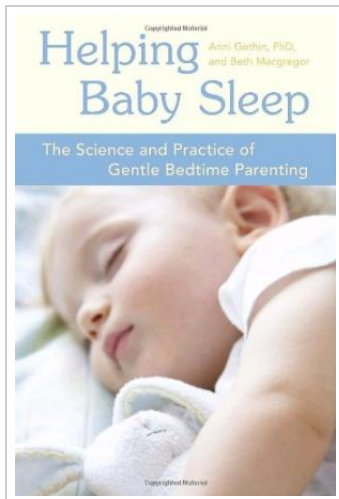




Helping Baby Sleep: The Science and Practice of Gentle Bedtime Parenting

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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