



Sleep and Wakefulness

Heather Welford

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the mothercare guide to SLEEP AND WAKEFULNESS How much sleep does a baby need? How can you encourage more settled nights? Should you leave your baby to cry? Is it wise to let your child sleep in your bed? These are some of the many questions that parents ask about this common cause of anxiety and they are answered by the very practical information provided by this book. The author gives advice, based on her own experience and that of other parents, on the many aspects of sleep disturbance. From the very young baby who will sleep in the day but not at night, to the toddler who doesn't want to go to bed or who wakes up unacceptably early, there are suggestions to help parents cope. The book also takes account of the strain that endless broken nights puts on parents and offers advice for dealing with this. The charming drawings add humour to the book and help to put many of the most common problems in perspective. Heather Welford has 3 young children. She is a journalist and has written several books on childcare. Her advice column for Parents magazine keeps her in touch with the day-to-day preoccupations of parents. This book is one of a series, written by parents and covering essential topics of everyday interest to all parents.

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