

INFANT AND CHILD SLEEP

RESOURCES FOR PARENTS

Sleeping through the night: How infants, toddlers, and their parents can get a good night's sleep (Revised Edition) by Jodi A. Mindell, Harper Resource (2005)
LPL Call # 618.928498 Min

The no-cry sleep solution: Gentle ways to help your baby sleep through the night by Elizabeth Pantley, Contemporary Books (2002)
LPL Call #: 649.122 Pan

Better sleep for your baby and child: A parent's step-by-step guide to healthy sleep habits by Shelly K. Weiss, Robert Rose (2006)
LPL Call # 649.4 Wei

Take charge of your child's sleep: The all-in-one resource for solving sleep problems in kids and teens by Judy A. Owens and Jodi A. Mindell, Marlowe & Co. (2005)
LPL Call # 618.928498 Owe

Healthy sleep habits, happy child (3rd Edition) by Marc Weissbluth, Ballantine Books (2005)
LPL Call #: 649.4 Wei

Solve your child's sleep problems by Richard Ferber, Fireside (1986)
LPL Call #: 618.92849 Fer

Good night, sleep tight: The sleep lady's gentle guide to helping your child go to sleep, stay asleep, and wake up happy by Kim West with Joanne Kenen, CDS Books (2004) LPL Call #: 649.122 Wes

The sleepeasy solution: The exhausted parent's guide to getting your child to sleep from birth to age five by Jennifer Waldburger and Jill Spivack, Health Communications (2007)
LPL Call #: 649.122 Wal

Sleeping like a baby: A sensitive and sensible approach to solving your child's sleep problems by Avi Sadeh, Yale University Press (2001) LPL Call #: j649.122 Sad

The happiest baby on the block: The new way to calm crying and help your child sleep longer by Harvey Karp, Bantam Books (2002)
LPL Call #: 649.122 Kar

The no-cry sleep solution for toddlers and preschoolers: Gentle ways to stop bedtime battles and improve your child's sleep by Elizabeth Pantley, McGraw-Hill (2005)
LPL Call #: 649.122 Pan

The baby whisperer solves all your problems (by teaching you how to ask the right questions): Sleeping, feeding, and behavior—beyond the basics from infancy through toddlerhood by Tracy Hogg and Melinda Blau, Atria Books (2005)
LPL Call #: 649.122 Hog

WEB SITES

National Sleep Foundation
<http://www.sleepfoundation.org>

BabyCenter Canada
<http://www.babycenter.ca>



This resource list was created through consultation with Aimee Coulombe, Dr. Graham Reid, Dr. Carey Anne DeOliveira and the Home Visiting Program for Infants at the Child and Parent Resource Institute (CPRI) <http://www.cpri.thehealthline.ca>, and the Association for Behavioral and Cognitive Therapies (ABCT) Member Listserv