

American Academy of Pediatrics Guide to Your Child's Sleep: Birth Through Adolescence

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The foremost medical authority on children's health, the American Academy of Pediatrics, has collected in these pages the best advice on getting newborns, toddlers, and school-age children to sleep. Packed with practical tips, this guide offers invaluable information, answers questions from parents, and provides reassuring ad-vice for preventing SIDS, getting your baby to sleep through the night, and solving sleep-wake problems. Above all, the Academy weighs in on the controversies over the most popular child-sleep advice---by evaluating the pros and cons of these conflicting theories--enabling parents to make the best decisions for their families.

Here, in a compact and accessible package, is information to ensure that even the most bleary-eyed parents and their children get a good night's sleep.

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