



Sleep Right Sleep Tight

Sleep Right Sleep Tight - A Practical & Proven Guide To Solving Your Baby's Sleep Problems

At last! The book with the answers for sleep-deprived parents. Sleep Right, Sleep Tight is a hand-on, tried and tested guide to solving sleeping problems in babies and young children. Practical and easy to use, it shows you:

Sleep solutions for infants and toddlers aged from birth to three years

- How to establish a pattern to suit your child's particular needs
- Techniques for soothing and relaxing
- Controlled comforting methods for older babies and toddlers
- Advice on trouble-shooting sleep disruptions
- Self-help strategies for tired parents
- Progress charts to track sleeping and feeding patterns
- Step-by-step advice to guide you through sleep problems

Packed with authoritative information, interactive methods and reassuring advice, Sleep Right, Sleep Tight is a must-have for every parent and professionals who work with families and young children.

Rosey Cummings, Karen Houghton and Le Ann Williams are family maternal and child health care professionals who educate and counsel hundreds of parents every year in strategies for sleep management.

'Many new parents would rather have a simple book about how to get the baby to sleep than an emerald tiara and a speedboat holiday in Jamaica. This is one such treasure.'

KAZ COOKE, AUTHOR OF UP THE DUFF; THE REAL GUIDE TO PREGNANCY

'This is an excellent resource, which will be valuable for parents and professionals who work with young children.'

PROFESSOR FRANK OBERKLAD, DIRECTOR, CENTRE FOR COMMUNITY CHILD HEALTH, ROYAL CHILDREN'S HOSPITAL, VICTORIA

COST:
\$26.00

Contact Reception Monday to Friday (9am to 5pm) to arrange for the book to be mailed out to you or head to our [shopping cart](#).

