



## 5 Days to a Perfect Night's Sleep for Your Child: The Secrets to Making Bedtime a Dream

By Eduard Estivill

Random House USA Inc, United States, 2008. Paperback. Book Condition: New. Revised. 201 x 132 mm. Language: English . Brand New Book. An international phenomenon now available in America for the first time, this quick, no-nonsense guide is all you need to get your child to sleep through the night (pillow not included). These days, most books on improving your child's sleep take either a tough-love approach (ignore crying) or a soothing strategy (offer continuous comfort). But now an internationally renowned sleep expert provides a middle-ground method that will have your child sleeping through the night at any age. Dr. Eduard Estivill's no-fail technique focuses on a mixture of authority, ritual, and reward. Parents can end negative cycles of resistance and wakefulness and feel as rested as their child will by following these expert tips: Adopt a firm and confident attitude (your child will pick up on your mood). Use meals as a cue to announce your child's next nap or nighttime sleep. Incorporate appropriate elements (such as a stuffed animal or a pacifier) at bedtime so your child will not rely on you as a vital part of the sleep process. Reinforce the contrast between light...



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