

Sleep: Suggested Reading

Books

The Happiest Baby on the Block (Second edition)

Harvey Karp, MD, 2015. Second edition.

His highly successful method is based on four revolutionary concepts:

1. Create the Fourth Trimester.
2. Find the Calming Reflex.
3. Use the 5 S's.
4. Apply the Cuddle Cure.

Sleepless in America

Mary Sheedy Kurcinka, 2007.

A new approach to managing challenging behaviors by integrating research on stress, sleep and temperament with practical strategies and a five-step approach to help get your “tired and wired” children to sleep.

Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep

Jodi Mindell, 2005.

A practical, tried and true basic bedtime method. Help with the night owl, the crib escaper and “just one more” problems.

What to Do When You Dread Your Bed

Dawn Huebner, PhD, 2008.

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled in this interactive self-help book.

Healthy Sleep Habits, Happy Child

Marc Weissbluth, MD, 1999.

Guide to solving your child's sleep problems.

What to do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

Dawn Huebner, PhD, 2006.

For children 6 to 12 years old. This book helps kids understand anxiety and what they can do about it.

How to Get Your Child to Eat but Not Too Much

Ellyn Satter, RD, 1987.

Answers a multitude of questions – What should a parent do with a child who wants to snack continuously or one who declared herself a vegetarian and refuses to eat any type of meat? This explores the relationship between parents, children and food in a warm, friendly and supportive way.

The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night

Elizabeth Pantley, 2002.

Offers ten steps to helping your baby sleep through the night and tips for parents on your own sleep.

On Becoming Baby-Wise: Giving Your Infant the Gift of Nighttime Sleep

Robert Bucknam, 2012.

The Babywise Parent Directed Feeding (PDF) concept has enough structure to bring security and order to your baby's world, yet enough flexibility to give the parent freedom to respond to any need at any time.

King Richard the Lion Gets a CPAP

Seattle Children's Hospital, 2011. View online at seattlechildrens.org/sleep-disorders-resources section.

A fully illustrated short story about a lion named Richard, the King of the Beasts. Appropriate for ages preschool to 8 years to introduce them to a CPAP.

When Your Child Hurts Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain.

Rachael Coakley, Ph.D.

For the child in pain.

Solving Sleep Problems in Children with Autism Spectrum Disorders, A Guide for Frazzled Families

Terry Katz, Ph. D. and Beth Malow, M.D., M. S.

For the child with autism.

Websites

The following are websites with information and links regarding sleep.

kidshealth.org

sleepfoundation.org

babycenter.com

narcolepsynetwork.org

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Pediatric People.