

Pointers For Parents

Gentle Ways To Help Your Baby Sleep

(NAPSA)—Are you suffering through sleepless nights and having to fend off advice about letting your baby “cry it out”? If so, you may find the solution in a new book that proves it’s entirely possible (and within your grasp) to help your baby fall asleep peacefully—and stay asleep all night long.

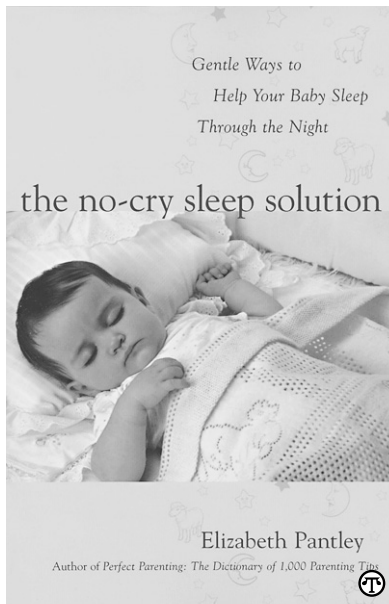
The No-Cry Sleep Solution (Contemporary Books, \$14.95), by parent educator Elizabeth Pantley, is full of helpful, caring advice to help readers and their babies get a good night’s sleep.

Through months of research, personal experience and work with test-case families, Pantley has assembled and organized a wide variety of gentle ideas into what is called the No-Cry Sleep Solution. It consists of a customized plan that parents create for their own family based on the ideas and research presented, all within a simple and easy-to-follow framework.

The book’s ten-step program will lead new parents through the process one day at a time by:

- Shedding new light on your baby’s sleep patterns and helping you set realistic goals;
- Showing you how to analyze, assess and improve your baby’s sleep patterns using sleep logs;
- Offering a variety of sleep solutions that fit every parenting style; and
- Creating a tear-free customized sleep plan that works for both you and your baby.

“It is refreshing to see and to be able to endorse an approach toward tender infant and child caregiving that does not claim to



There are effective, caring ways to help babies sleep peacefully through the night.

know who and what every baby should be or what every parent should do to achieve parenting success,” says James J. McKenna, director, Mother Baby Behavioral Sleep Center, University of Notre Dame. “*The No-Cry Sleep Solution* speaks to the uniqueness of each parent and child in a loving and knowledgeable way.”

The No-Cry Sleep Solution has been tested and proven successful by scores of mothers and their babies from across the United States, Canada and Europe. Readers are given the tools needed to effectively and gently reach their goal: a good night’s sleep for everyone.