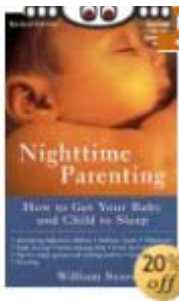


## Nighttime Parenting: How to get your baby and child to sleep

By William Sears, M.D.



William Sears is a paediatrician in private practice and assistant professor of Paediatrics at the University of Southern California and an all round attachment parenting guru. After all he was the man who named it! He developed his parenting philosophy over years of work experience, studying non-Western child-rearing practices, and through his own experience as the father of eight children. Sears and his wife, Martha, have written 14 books, including *The Baby Book* and *The Birth Book*.

In *Nighttime Parenting: How to get your baby and child to sleep*, Sears outlines how the attachment parenting style enables improved sleep for all the family. He helps parents understand why babies sleep differently than adults, offers solutions to nighttime problems, and even describes how certain styles of nighttime parenting can aid in child spacing and lower the risks of Sudden Infant Death Syndrome (SIDS). Bedsharing is encouraged, however he is not dogmatic and emphasises that solutions need to be tailored to individual families. This book gives you an alternative to the heart-wrenching "cry it out" method advocated by many friends and 'professionals'. It's so nice to know there are alternatives to the "Babywise" techniques for those of us who feel we need a different way. Sears tells how to make bedtimes less stressful for all, while keeping focussed on the most important thing...the well-being of your child. Large sections of *Nighttime Parenting* made me feel that I had read this before, but then I imagine it is hard to keep your message fresh when you have written over 14 books!

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