



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

By Eduard Estivill

Ballantine Books. Paperback. Condition: New. 76 pages. Dimensions: 7.9in. x 5.2in. x 0.4in. 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 (day) and dark (night). Never punish children by making them go to bed...



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