



# Bedtiming: The Parent's Guide to Getting Your Child to Sleep at Just the Right Age

*Ph.D. Marc Lewis, Ph.D. Isabela Granic*

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**When it comes to getting your baby or toddler to sleep through the night, discover why *when* matters more than *how***

Are you tired of endless hours spent rocking your baby to sleep? Have you “hit the wall” when it comes to sleepless nights? Teaching your baby or toddler to sleep through the night can be a bewildering and frustrating experience. Developmental psychologists Marc D. Lewis and Isabela Granic reveal that the key to your child’s sleep habits is not which method you choose to help your child sleep, but when you use it. Timing is everything, and *Bedtiming* walks you through the stages of child development, offering helpful advice on such topics as:

- time windows when sleep-training will be most effective and when it will stand the least chance of success
- the pros and cons of several popular sleep-training techniques—including the “cry-it-out,” “no-cry,” and Ferber methods
- common sleep setbacks and how to handle them
- how to successfully transition your child from your bed to his or her own crib or bed.

*Bedtiming* is a simple, sensible, and reassuring guide that will help children—and parents—get a good night’s sleep.

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