

Helping Your Baby to Sleep

Why gentle techniques work best

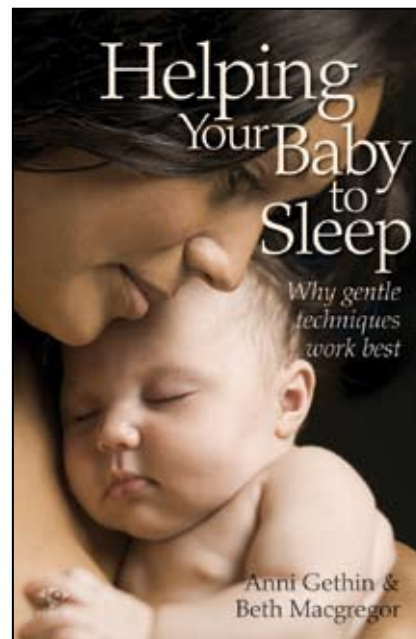
By **Anni Gethin & Beth Macgregor**

Every day in Australia, New Zealand, the United Kingdom and many other countries around the world, new parents are encouraged to ‘train’ their child to sleep – a practice in which they ignore their baby’s crying and distress. In *Helping Your Baby to Sleep*, authors Beth Macgregor and Anni Gethin argue that this ‘controlled crying’ approach is detrimental for children and can have serious long-term effects. This practice produces anxiety in both parent and child and creates a burden of stress on babies with which they are ill-equipped to cope.

In this groundbreaking book, the authors present important research into babies’ emotional and brain development, and offer gentle sleep techniques that take into account a baby’s natural sleep habits. They write:

‘There are so many myths about babies and sleep – it is no wonder that many parents are unaware of babies’ true sleep needs. When parents recognise that there is great variability in children’s ability to sleep through the night, they can be reassured that it is normal for their baby to wake up and to need help to return to sleep. We show parents ways to tune into how their baby thinks and feels, so they can be more responsive to their child’s needs. Babies thrive when their parents are sensitive to their needs, both during the day and at night. We believe this type of parenting also helps build a powerful bond between baby and parent – a connection that lays the foundation for the child’s healthy emotional and psychological development.’

>>> See over for more >>>



Anni Gethin is a health social scientist with special interests in early childhood development and health equity. She runs a research and planning consultancy, lectures in public health and social science, and is a mother of three boys.

Beth Macgregor is a psychologist who trains health and welfare workers in infant mental health, child development and child protection. She has worked as a child protection caseworker, specialist and researcher, and is an active member of the Australian Association for Infant Mental Health. Her work as a specialist educator is devoted to creating happier children, families and societies. Beth is the mother of a delightful little boy.



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Helping Your Baby to Sleep: Why gentle techniques work best

by **Anni Gethin and Beth Macgregor**, foreword by **Steve Biddulph**

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Purchase through **Mothers Direct** www.mothersdirect.com.au or ph. 1800 032 926

Finch Publishing www.finch.com.au and book retailers nationally.

Helping Your Baby to Sleep offers parents practical advice and gentle sleep techniques to ensure their child feels loved, happy and secure. This type of parenting also helps to build a powerful bond between child and parent - a bond that lays the foundation for healthy emotional and psychological development.

The gentle approach recommended by the authors takes into account a baby's natural sleep habits, recognising that there is great variability in children's ability to sleep through the night, and that it is normal for them to wake up and need their parents.

Babies thrive when their parents are sensitive to their needs, both during the day and the night. *Helping Your Baby to Sleep* shows parents how to tune into how their babies think and feel, so they can be more responsive to their babies' needs, and also how to take care of themselves as they get to know their new baby.

Advance praise for the book

'Gethin and Macgregor's work is an outstanding example of translating very recent advances in the developmental sciences into sensitive, empathic models of child rearing. Their carefully researched and clearly explained approach to the important matter of infant sleep behaviours is based on a deep understanding of current research which demonstrates that attachment interactions directly impact the development of the infant brain. I highly recommend this important book.'

Allan N Schore PhD, UCLA David Geffen School of Medicine, author of *Affect Dysregulation and Disorders of the Self*.

'This is a beautiful book, rich with empathy for babies and parents, and also practical and down-to-earth. Babies are not our enemies...When we respect their individuality and respond to what they are trying to tell us, we help them develop social skills, grow in self-confidence, and give and receive love.'

Sheila Kitzinger, social anthropologist of birth, author of 24 books, including *Understanding Your Crying Baby*.

'This is an important book for parents because it puts babies' sleep in the context of research about infant development. There are many books that give suggestions about how to 'train babies to sleep' but none that I know of that give parents the information

to make their decisions about sleep, taking into account their babies' developmental needs.'

Pam Linke AM, parenting specialist, author and children's health adviser.

'Anni and Beth have a wonderful, warm way of combining scientific evidence against harsh practices such as controlled crying, with the wisdom gleaned from their own mothering experiences. They unapologetically advocate for the baby's wellbeing whilst also acknowledging parents' very real needs for support.'

Pinky McKay, lactation consultant and author of *Sleeping Like a Baby*.

'Anni Gethin and Beth Macgregor are experienced mothers and researchers...Their methods are adaptable and loving, even if they mean spending more time, more care and more energy on parents and their babies. They treat parents and babies as precious, and I thank them for doing so.'

From the foreword by Steve Biddulph, author of *The Secret of Happy Children, Raising Boys* and other major parenting books.