

## Elevating Child Care A To Respectful Parenting

Outlines practical parenting strategies from the toddler years through preadolescence that focus on productive and peaceful disciplinary methods while promoting positive neural connections.

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Evolution is the single most important idea in modern biology, shedding light on virtually every biological question, from the shape of orchid blossoms to the distribution of species across the planet. Until recently, however, the theory has had little impact on medical research or practice. Evolutionary Medicine shows how this is beginning to change. Collecting work from leaders in the field, this volume describes an array of new and innovative approaches to human health that are based on an appreciation of our long evolutionary history. For example, it shows how evolution helps to explain the complex relationship between our immune systems and the virulence and transmission of human viruses. It also shows how comparisons between how we live today and how our hunter-gatherer ancestors lived thousands of years ago illuminate a variety of contemporary ills, including obesity, lower-back pain, and insomnia. Evolutionary Medicine covers issues at every stage of life, from infancy (colic, jaundice, SIDS, parent-infant sleep struggles, ear infections, breast-feeding, asthma) to adulthood (sexually transmitted diseases, depression, overeating,

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addictions, child abuse, cardiovascular disease, breast and ovarian cancer) to old age (osteoporosis, geriatric sleep problems). Written for a wide range of students and researchers in medicine, anthropology, and psychology, it is an invaluable guide to this rapidly developing field.

Human beings can relate to one another with either mutual respect and freedom or mutual attempts to control and force. Objectivists idealize the former; most of America practices the latter. Though Objectivists are fundamentally against relating to their fellow human beings with various methods of control (bribery, threats, manipulation, slavery), many do not hesitate to relate in that way to the young human beings we temporarily refer to as children. In this short book, Ross examines the contradiction and proposes a theory of Objectivist parenting.

Raise self-confident, self-reliant children using the RIE (Resources for Infant Educators) Approach. Your baby knows more than you think. That's the heart of the principles and teachings of Magda Gerber, founder of RIE (Resources for Infant Educators), and Educaring. *Baby Knows Best* is based on Gerber's belief in babies' natural abilities to develop at their own pace, without coaxing from helicoptering or hovering parents. The Educaring Approach helps parents see their infants as competent people with a growing ability to communicate, problem-solve, and self-soothe. *Baby Knows Best* is a comprehensive resource that shows parents how to respond to their babies' cues and signals; how to develop healthy sleep habits; why babies need uninterrupted playtime; and how to set clear, consistent limits. The result? More relaxed parents and more confident, self-reliant children. Bringing together scholarship and examples from practice, this book explores ways in which early childhood curriculum – including classroom practices and community contexts – can more actively engage with a range of social justice issues, democratic principles and anti-oppressive practices. Featuring a stellar list of expert contributors, the chapters in this volume present a cross-section of contemporary issues in childhood education. The text highlights the voices of children, teachers and families as they reflect on everyday experiences related to issues of social justice, inclusion and oppression, as well as ways young children and their teachers engage in activism. Chapters explore curriculum and programs that address justice issues, particularly educating for democracy, and culminate in a focus on the future, offering examples of resistance and visions of hope and possibility. Designed for practitioners, graduate students and researchers in early childhood, this book challenges readers to explore the ways in which early childhood education is – and can be – engaging with social justice and democratic practices.

Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, *Parenting with Presence* teaches us how to become the parents we most want to be while raising confident, caring children. “Shows parents how they can transform parenting into a spiritual practice.” — Eckhart Tolle, author of *The Power of Now* “Clear, wise, soulful, and poetic.” — Alanis Morissette

of older children, adults, and the family unit as a whole. These moral evaluations are, in turn, influenced by such external

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contingencies as population demography, social and economic factors, subsistence strategies, household composition, and by cultural ideas concerning the nature of infancy and childhood, definitions of personhood, and beliefs about the soul and its immortality. MOTHER LOVE AND CHILD DEATH Of all the many factors that endanger the lives of young children, by far the most difficult to examine with any degree of dispassionate objectivity is the quality of parenting. Historians and social scientists, no less than the public at large, are influenced by old cultural myths about childhood innocence and mother love as well as their opposites. The terrible power and significance attributed to maternal behavior (in particular) is a commonsense perception based on the observation that the human infant (specialized as it is for prematurity and prolonged dependency) simply cannot survive for very long without considerable maternal love and care. The infant's life depends, to a very great extent, on the good will of others, but most especially, of course, that of the mother. Consequently, it has been the fate of mothers throughout history to appear in strange and distorted forms. They may appear as larger than life or as invisible; as all-powerful and destructive; or as helpless and angelic. Myths of the maternal instinct compete, historically, with myths of a universal infanticidal impulse.

Imagine a life where your toddler or preschooler is happy to do what you ask, and is able to move on, easily, when disappointed. • Imagine getting all of your housework done while your child plays, or happily helps alongside you. • Imagine truly enjoying your time with your child, and creating a life that feels fulfilling for both of you. "These things are possible for parents and children," asserts author Faith Collins, even with a child who is extra sensitive, demanding, needy, belligerent, or all at the same time. Collins is a preschooler teacher, parent coach and mother, who has witnessed such transformations repeatedly over many years. Her book is a treasury that provides readers with powerful, practical and positive tools to achieve harmony and joy in their own families. Her blog and popular online classes are available at (<http://joyfultoddlers.com>). The unique contribution of this book is its focus on creating a mutually responsive relationship—meaning that both people respond quickly and positively to each other, even when they cannot do what the other person wants. In a warm and easygoing style, the author guides parents and caregivers in establishing and maintaining such mutually responsive relationships with their young ones, creating the basis for discipline, education, socialization and a happier life together. Helping our children to develop these skills becomes a game-changer in all parent-child dynamics. Rare and precious! Faith's book will very likely leave you feeling, "Yes, I can do this." —Kim John Payne, author: *Simplicity Parenting. A BOOK FOR PARENTS, GRANDPARENTS, EDUCATORS, CAREGIVERS, AND ALL INVESTED IN THE LOVE AND GUIDANCE OF CHILDREN. A MUST FOR PUBLIC, SCHOOL AND UNIVERSITY LIBRARIES.*

Does your child Refuse to cooperate in the morning? Get into trouble for not listening? "Lose it" over seemingly insignificant issues? Seem to resist sleep? An estimated 69 percent of American infants, children, and teens are sleep deprived. Studies have shown that sleep deficits can contribute to hyperactivity, distraction, forgetfulness, learning problems, illness, accidents, and disruptive behaviors. Often what our misbehaving kids really need isn't more "consequences" or more medication but more sleep. *Sleepless in America* offers weary and frustrated parents a helping hand and an exciting new approach to managing challenging behaviors by integrating research on stress, sleep, and temperament with practical strategies and a five-step approach that

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enables parents to help their "tired and wired" children get the sleep they so desperately need.

Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. "Elevating Child Care" is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular parenting culture, Janet's insightful philosophy lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.

Welcome to Krista Nerestant's journey from the other side of the globe—the islands of the Philippines—to the United States of America. Indestructible is where she shares the hidden gifts of trauma that have empowered her to not only survive but also thrive in a life most would have given up on. Krista was a traumatized overachiever bound by the cultural and societal limitations of her home country. But coming out as a spiritual medium exposed the many resources she had in her arsenal, inspiring her to embark on a healing journey. In Indestructible, she shares how she learned to extract life-healing lessons while overcoming a violent past, with the hope of inspiring and teaching survivors to approach personal wounds as a gateway to unleashing their self-actualization. Her story will stimulate you mentally, physically, emotionally, and spiritually—but most of all, it will lead you to start your own journey of self-discovery and uncover your very own hidden gifts of trauma.

Internationally renowned infant specialist Magda Gerber, M.A., the founder of RIE, offers a healthy new approach to infant care based on a profound respect for each baby's individual needs and abilities.

Have you ever struggled to feel worthy at work? Do you know or lead people who do? When Amelia Dunlop first heard the phrase "elevating the human experience" in a leadership team meeting with her boss, she thought, "He is crazy if he thinks we will ever say those words out loud to each other much less to a potential client." We've been conditioned to separate our personal and professional selves, but work is fundamental to our human experience. Love and worth have a place in work because our humanity and authentic identities make our work better. The acknowledgement of our intrinsic worth as human beings and the nurturing of our own or another's growth through love ultimately contribute to higher performance and organizational growth. Now as the Chief Experience Officer at Deloitte Digital, a leading Experience Consultancy, Amelia Dunlop knows we must embrace elevating the human experience for the advancement and success of ourselves and our organizations. This book integrates the findings of a quantitative study to better understand feelings of love and worth in the workplace and introduces three paths that allow individuals to create the professional experience they desire for themselves, their teams, and their clients. The first path

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explores the path of the self, an inward path where we learn to love ourselves when we show up for work, and examines the obstacles that hinder us. The second path centers around learning to love and recognize the worth of another in our lives, adding to the worth we feel and providing a source of meaning to our lives. The third path considers the community of work and learning to love and recognize the worth of those we meet every day at work, especially for those who may be systematically marginalized, unseen, or unrepresented. Drawing on her own personal journey to find love and worth at work in her twenty-year career as a management consultant, Amelia also weaves together insights from philosophers, theologians, and sociologists with the stories of people from diverse backgrounds gathered during her research. *Elevating the Human Experience: Three Paths to Love and Worth at Work* is for anyone who has felt the struggle to feel worthy at work, as well as for those who have no idea what it may feel like to struggle every day just to feel loved and worthy, but love people and lead people who do. It's a practical approach to elevating the human experience that will lead to important conversations about values and purpose, and ultimately, meaningful change.

*Elevating Child Care: A Guide to Respectful Parenting* JLML Press

"Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post "What kids need from grown-ups (but aren't getting)...an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play." --NPR The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility.

Parenting can be such an overwhelming job that it's easy to lose track of where you stand on some of the more controversial subjects at the

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playground (What if my kid likes to rough house—isn't this ok as long as no one gets hurt? And what if my kid just doesn't feel like sharing?). In this inspiring and enlightening book, Heather Shumaker describes her quest to nail down "the rules" to raising smart, sensitive, and self-sufficient kids. Drawing on her own experiences as the mother of two small children, as well as on the work of child psychologists, pediatricians, educators and so on, in this book Shumaker gets to the heart of the matter on a host of important questions. Hint: many of the rules aren't what you think they are! The "rules" in this book focus on the toddler and preschool years—an important time for laying the foundation for competent and compassionate older kids and then adults. Here are a few of the rules: • It's OK if it's not hurting people or property • Bombs, guns and bad guys allowed. • Boys can wear tutus. • Pictures don't have to be pretty. • Paint off the paper! • Sex ed starts in preschool • Kids don't have to say "Sorry." • Love your kid's lies. IT'S OK NOT TO SHARE is an essential resource for any parent hoping to avoid PLAYDATEGATE (i.e. your child's behavior in a social interaction with another child clearly doesn't meet with another parent's approval)!

A revised and updated edition of the standard guide to baby and child care includes new material on computers and the Internet, nontraditional families, physical and moral development, disabilities, first aid and injury prevention, immunization and other challenges and responsibilities of modern parenting. Original.

The Creative Curriculum comes alive! This videotape-winner of the 1989 Silver Apple Award at the National Educational Film and Video Festival-demonstrates how teachers set the stage for learning by creating a dynamic well-organized environment. It shows children involved in seven of the interest areas in the The Creative Curriculum and explains how they learn in each area. Everyone conducts in-service training workshops for staff and parents or who teaches early childhood education courses will find the video an indispensable tool for explaining appropriate practice.

Adults have a wide array of books to help explore earth-based spirituality. But what if they want to include their children? Here is a handbook to help parents, caregivers, teachers, and counselors create meaningful spiritual experiences that will inspire children of all ages. The ideas, suggestions, and activities collected here show how to bring children into rituals that celebrate seasonal cycles and help reclaim the spiritual roots of today's modern holidays. With surprisingly little effort, earth-centered activities and rituals can be incorporated into simple daily routines. Part 1, "Handbook for Earth-Connected Parenting," gives techniques for developing a child's inner wisdom and sense of the sacred: dream journals, visualization, Tarot play, talismans, and interactions with the natural world Part 2 is a guide to the specific seasonal festivals, and offers a comprehensive collection of practical and enjoyable ways to celebrate the sacred days of our ancestors. Make a bean rune divination system, gather smudge sticks, grow grass pots, assemble a "dream pillow," create altars the authors offer easy-to-follow suggestions. Includes suggested reading and resource sections for locating additional information and materials for creative projects.

Janet Lansbury is unique among parenting experts. As a RIE teacher and student of pioneering child specialist Magda Gerber, her advice is not based solely on formal studies and the research of others, but also on her twenty years of hands-on experience guiding hundreds of parents and their toddlers. "No Bad Kids" is a collection of Janet's most popular and widely read articles pertaining to common toddler behaviors and how respectful parenting practices can be applied to benefit both parents and children. It covers such common topics as punishment, cooperation, boundaries, testing, tantrums, hitting, and more. "No Bad Kids" provides a practical, indispensable tool for parents who are anticipating or experiencing those critical years when toddlers are developmentally obliged to test the limits of our patience and love. Armed with knowledge and a clearer sense of the world through our children's eyes, this period of uncertainty can afford a myriad of

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opportunities to forge unbreakable bonds of trust and respect.

Examines systemic issues contributing to inequities in early childhood, with ways faculty, teachers, administrators, and policymakers can work to disrupt them.

A simple book to support parents to stay emotionally connected with their babies during challenging moments. Printed on recycled paper."This book is user-friendly and a little life-saver for Moms and Dads as they embark upon the grand journey of caring for their child. Easy to read - but make no mistake: this booklet is chock-a-block full of the most up-to-date, scientifically sound information and advice, and it will help you inject peace, harmony and pleasure into your relationship with your child. The beautiful and heart-warming family photos sprinkled throughout will keep you connected to our larger human family." ~Robin Grille, Author of Parenting for a Peaceful World

The contributors explain the main elements of the RIE approach and show how it can be applied in state-run and independent day care and family homes. Illustrated with examples of good practice in a range of settings, this practical introduction is a resource for parents and child care professionals, as well as those who evaluate child care provision.

Gender and Families uses cultural events from our everyday lives to explore how families and gender are mutually produced and inseparably linked. In this updated second edition, Coltrane and Adams continue to demystify the complexities of gender and family with discussions of racial difference, ethnicity, and social class.

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide. Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

This book shares advice, how-to's, validations, and cautionary tales based on minoritized students' recent experiences in doctoral studies. Providing a change of view from inspirational works framed at the "traditional" graduate student towards the affirmation of marginalized voices, readers are given a look at the multiplicitous experiences of underrepresented identities in the predominantly, and historically, White academy. With the changing landscape of America's institutions of higher education, this book shares tools for navigating spaces intended for the elite. From the personal to professional, these words of wisdom and encouragement are useful anecdotes that speak to the practitioner and academic.

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Preschool teachers and early childhood professionals know that storybook reading is important, but they may not know how to maximize its benefits for later reading achievement. This indispensable guide presents research-based techniques for using reading aloud to intentionally and systematically build children's knowledge of print. Simple yet powerful strategies are provided for teaching preschoolers about book and print organization, print meaning, letters, and words, all while sharing engaging, commercially available books. Appendices include a detailed book list and 60 reproducibles that feature activities and prompts keyed to each text.

At long last -- Magda Gerber's wisdom and spice captured in a book --what a treasure! Now parents and caregivers everywhere can benefit from learning what it means to truly respect babies. --Janet Gonzalez-Mena, Author of *Infants, Toddlers, and Caregivers* and *Dragon Mom*  
"Magda Gerber's approach will deepen your understanding of your baby and help you truly appreciate the complexity, competence, and amazing capacities of the small human being for whom you are caring." --Jeree H. Pawl, Ph.D. Director, Infant-Parent Program University of California, San Francisco, School of Medicine  
As the founder of Resources for Infant Educators (RIE), Magda Gerber has spent decades helping new mothers and fathers give their children the best possible start in life. Her successful parenting approach harnesses the power of this basic fact: Your baby is unique and will grow in confidence if allowed to develop at his or her own pace. The key to successful parenting is learning to observe your child and to trust him or her to be an initiator, an explorer, a self-learner with an individual style of problem solving and mastery. Now you can discover the acclaimed RIE approach. This practical and enlightening guide will help you: Develop your own observational skills Learn when to intervene with your baby and when not to Find ways to connect with your baby through daily caregiving routines such as feeding, diapering, and bathing Effectively handle common problems such as crying, discipline, sleep issues, toilet training, and much more.

The wild adventures of Mowgli in Rudyard Kipling's *The Jungle Book* are well-loved, timeless tales of growing up and finding a place in the world. *First Stories: The Jungle Book* is a perfect introduction for young children to this classic story and its host of animal characters. Push, pull and slide mechanisms to bring the story to life and see favourite scenes in action. Mowgli, Baloo, Bagheera and of course the fearsome tiger Shere Khan are all beautifully imagined by Miriam Bos in her bold, appealing illustrations. Also available: *Snow White*, *Alice in Wonderland*, *Cinderella*, *Rapunzel*

**NEW YORK TIMES BESTSELLER** • More than 1 million copies in print! • The authors of *No-Drama Discipline* and *The Yes Brain* explain the new science of how a child's brain is wired and how it matures in this pioneering, practical book. "Simple, smart, and effective solutions to your child's struggles."—Harvey Karp, M.D. In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional



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and intellectual development so that your children can lead balanced, meaningful, and connected lives. “[A] useful child-rearing resource for the entire family . . . The authors include a fair amount of brain science, but they present it for both adult and child audiences.”—Kirkus Reviews “Strategies for getting a youngster to chill out [with] compassion.”—The Washington Post “This erudite, tender, and funny book is filled with fresh ideas based on the latest neuroscience research. I urge all parents who want kind, happy, and emotionally healthy kids to read *The Whole-Brain Child*. This is my new baby gift.”—Mary Pipher, Ph.D., author of *Reviving Ophelia* and *The Shelter of Each Other* “Gives parents and teachers ideas to get all parts of a healthy child’s brain working together.”—Parent to Parent

View the culture of childhood through a whole new lens. Identify age-based bias and expand your outlook on and understanding of early childhood as a culture. Examine various elements of childhood culture: language, belief economics, arts, and social structure to understand children's dispositions of questioning, engagement, and cooperation. Emily Plank specializes in play-based education, diversity and culture in early childhood education, and outdoor learning. In 2011, the Iowa Association for the Education of Young Children identified Emily as one of seven emerging leaders. She earned her bachelor's degree from Pepperdine University. She and her family currently reside in Lausanne, Switzerland.

There are two major camps on getting children to sleep through the night. These methods are hotly debated and their oppositional forces can look like a battle scene from *Game of Thrones*. Arrows fly across internet camps and it all feels a bit life threatening. 1. Cry it out! - Deal breaker for many parents. 2. Do Whatever It Takes, All Day and All Night Long: To get your child the F to sleep. - Deal breaker for those of us who actually need real sleep to function in the real world. There are other more "gentle" approaches. These offer the much coveted "NO Cry" result. No cry - sorry to report - is Fantasy Island. The no cry unicorn baby is, for most of us, a mythological creature. The Compassionate Sleep Solution is a gentle, honest and realistic approach. Because in reality our children rarely have a gentle reaction to our ideas of what is best for them. Eileen Henry is one of the original sleep consultants in the U.S. After working with thousands of families for almost two decades she has developed the best method for dealing with a baby's very natural process of crying as well as the unnatural process of a parent having to listen to it. The Compassionate Sleep Solution will guide you through the process and show you the way to the following reality. Sleep is a developmental skill that all babies and toddlers can learn. Since crying can be a part of that reality, my method will teach you how to calm the cry.

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