



**The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep: Foreword by Dr. Harvey Karp**

*Elizabeth Pantley*

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# The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep: Foreword by Dr. Harvey Karp

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*Guaranteed to help parents reclaim sweet dreams for their entire family*

**New from the bestselling author of the classic baby sleep guide!**

Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. Written to help sleep-deprived parents of children ages one to five, *The No-Cry Sleep Solution for Toddlers and Preschoolers* offers loving solutions to help this active age-group get the rest they--and their parents--so desperately need.

A follow-up to Elizabeth Pantley's megahit *The No-Cry Sleep Solution*, this breakthrough guide is written in Pantley's trademark gentle, child-centered style. Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures. *The No-Cry Sleep Solution for Toddlers and Preschoolers* tackles many common nighttime obstacles, including:

- Refusals to go to bed
- Night waking and early rising
- Reluctance to move out of the crib and into a big-kid bed
- Nighttime visits to the parents' bed
- Naptime problems
- Nightmares, "night terrors," and fears
- Special sleep issues of twins, special needs children, and adopted children
- Sleepwalking, sleep talking, snoring, and tooth grinding

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