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Book Review

The no-cry sleep solution for toddlers and preschoolers: Gentle ways to stop bedtime battles and improve your child's sleep

By Elizabeth Pantley
McGraw Hill, 2005

Reviewed by Kristina Maconaghie

The no-cry sleep solution for babies and toddlers lives up to its title: it gives the reader tools to formulate an individual plan incorporating strategies to suit their particular family. This is not a book which promotes one particular solution, but which discusses a range of issues and explores a variety of sleep circumstances. These range from co-sleeping to sleeping in one's own bed. One of the good things about this book is that breastfeeding infants, toddlers and preschoolers treated as normal and appropriate.

As with Elizabeth Pantley's previous book, *The no-cry sleep solution for babies*, much useful background information is given. The author outlines how much sleep is required on average and how sleep cycles work, alongside suggestions for improving sleep generally and solving sleep problems specifically.

This is an easy-to-read book, with tables of useful information provided, e.g. average sleep requirements by age. It also includes worksheets and charts of nap logs, sleep plans etc.

The book is indexed but there are no references or bibliography. It is illustrated throughout with photos of sleeping children.

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