

TABLE OF CONTENTS: BECOME YOUR CHILD'S SLEEP COACH

Prologue

Why a Sleep Book Just for Preschool and School-Age Children? Parent Questionnaire

PART I The Benefits of Sleep Coaching

How Much Sleep Does My Child Really Need?

How Sleep Problems Start in the First Place

How Sleep Training Benefits Your Child and the Whole Family

PART II The Five-Step Guide

Step 1: Prepare Your Child's Bedroom for Great Sleep

Step 2: Use the 5B Bedtime Routine Every Night

Step 3: Teach Your Child to Self-Comfort as You Work Your Way Out

Step 4: Limit Callbacks and Curtain Calls

Step 5: Manage Night and Early Morning Wakings

PART III Special Concerns

Could My Child Have a Medical Sleep Disorder or Need a Sleep Study?

Can My Anxious Child Become a Better Sleeper?

Dealing with Nightmares, Night Terrors, Sleepwalking, and Bedwetting

Can My Child on the Autism Spectrum Become a Better Sleeper?

Epilogue

Bedtime Stories: How Some Real Kids Learned to Be Great Sleepers

Appendix A: *How to Prepare Your Child for a Sleep Study*

Appendix B: *Frequently Asked Questions About the Five-Step Plan*

Appendix C: *The Printable 5B Bedtime Chart and Bedtime Tickets*