

Booklist

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Become Your Child's Sleep Coach: The Bedtime Doctor's 5-Step Guide, Ages 3–10.

By Lynelle Schneeberg

Sept. 2019. 256p. Da Capo/Lifelong, paper, \$16.99 (9780738285559). 618.92

A child's poor sleep habits can be disruptive to the entire family, and though there are numerous guides to helping infants and toddlers develop healthy sleep habits, few books address sleep issues in older children. Schneeberg, a behavioral sleep psychologist who specializes in pediatric sleep problems, introduces a simple, five-step plan for families hoping to help their children develop the ability to sleep soundly and independently. She provides a step-by-step overview of her 5B plan, with a clear, concise explanation of each step as well as dos and don'ts for encouraging healthy sleep. Sleep issues in children with special needs, such as anxiety, autism-spectrum disorders, and sleep apnea, are also covered briefly, followed by an epilogue full of additional anecdotes and frequently asked questions. Parents will likely recognize their own child's sleep issues as they read, and even the best sleepers could benefit from a tune-up using the 5B routine. With advice that is easy to implement, practical, and clinically tested, this guide will help weary families turn bedtime into a positive experience for all.

— *Nanette Donohue*