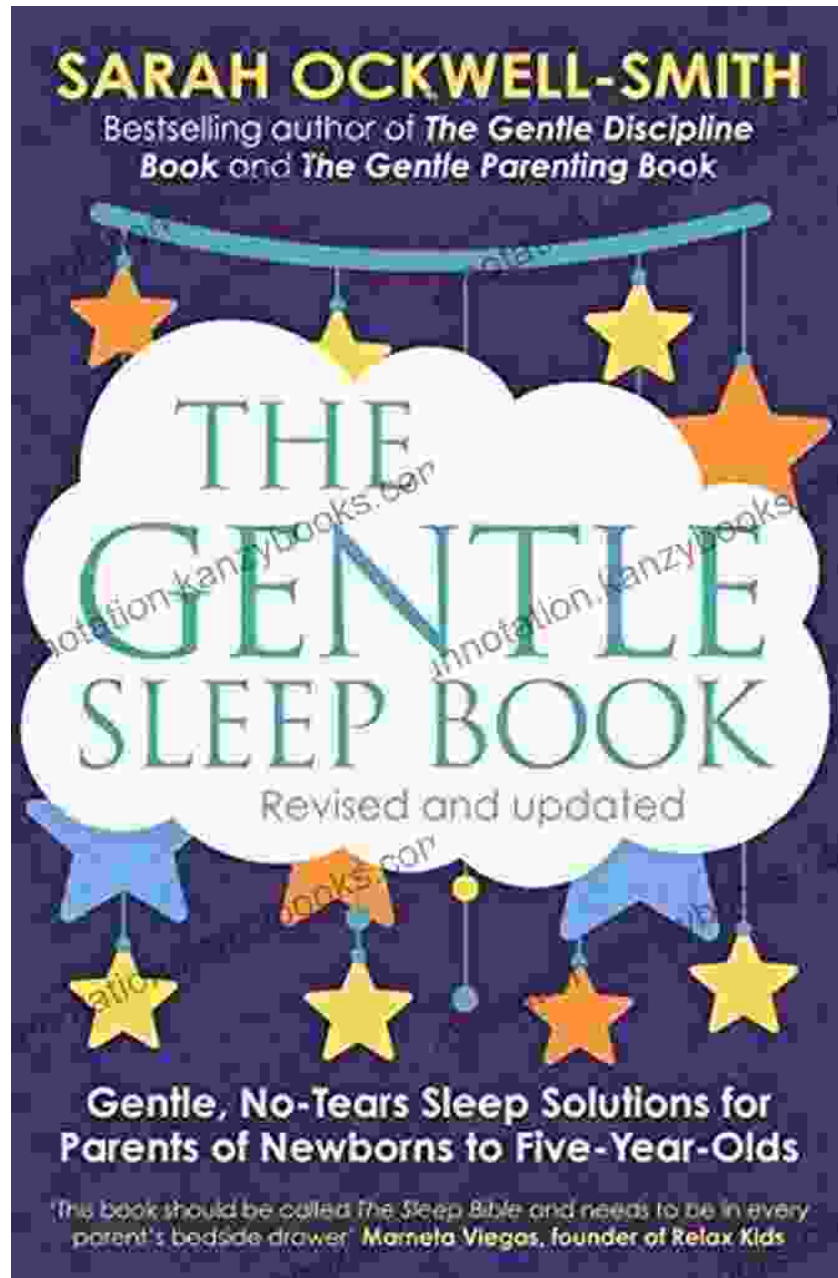


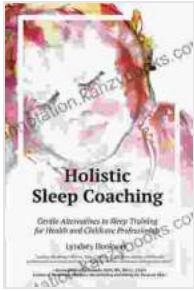
Gentle Alternatives to Sleep Training: A Guide for Health and Childcare Professionals



Holistic Sleep Coaching: Gentle Alternatives to Sleep Training for Health and Childcare Professionals

by Lyndsey Hookway

★★★★★ 4.7 out of 5



Language	: English
File size	: 5226 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 327 pages
Lending	: Enabled



Overview

In her book 'Gentle Alternatives to Sleep Training', Sarah Ockwell-Smith provides a comprehensive guide to gentle sleep practices for health and childcare professionals. The book offers a holistic approach to sleep, focusing on the physical, emotional, and developmental needs of children.

Ockwell-Smith argues that traditional sleep training methods, such as the cry-it-out method, can be harmful to children. These methods can lead to stress, anxiety, and attachment issues. Instead, she advocates for a gentle approach that respects the child's natural sleep patterns and promotes a secure attachment between the child and their caregivers.

Key Features

- A comprehensive overview of gentle sleep practices
- Evidence-based information on the importance of sleep
- Practical tips and strategies for supporting healthy sleep
- Case studies and examples of successful gentle sleep practices
- Resources and further reading for health and childcare professionals

Target Audience

This book is essential reading for health and childcare professionals who work with children and families. It is also a valuable resource for parents and caregivers who are looking for gentle and effective ways to support their children's sleep.

Author

Sarah Ockwell-Smith is a leading expert on gentle sleep practices. She is the author of several books on the subject, including 'The Gentle Sleep Book' and 'How to Solve Your Child's Sleep Problems'. She is also a regular contributor to parenting magazines and websites.

'Gentle Alternatives to Sleep Training' is a must-have resource for health and childcare professionals who are looking to support healthy sleep for children. The book provides a comprehensive overview of gentle sleep practices, evidence-based information on the importance of sleep, and practical tips and strategies for supporting healthy sleep.

If you are a health or childcare professional, I highly recommend reading this book. It will give you the knowledge and skills you need to help children get the sleep they need to thrive.



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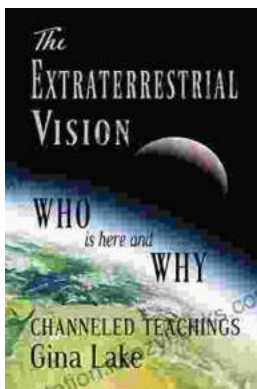
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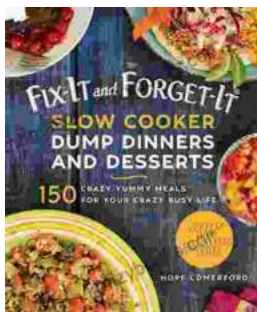
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