Title: *Toddler 411*
Author: Denise Fields and Ari Brown, MD

**Overview**
An easy to use guide that is written in question and answer format. The book focuses on toddler age group and is divided into three sections: 1) Tantrums, picky eaters and what's normal, 2) Toddler health watch, and 3) Reference library. It is easy to find what you are looking for, as the table of contents is very detailed.

The question and answer format makes it easy to read. Answers are not overly simplified but do not go through detailed scientific information either. There are some shaded boxes within the main text of the book that give additional details on important topics. Examples include, “best books for toddlers,” “5 key steps to potty training,” “what to do about limping.”

**Who is it good for?**
Busy, educated parents who do not want to read through an entire book to find an answer to a specific question.

**Highlights**
- Great section on what is normal behavior and goes over head banging, stuttering, nail biting, eating non-foods and imaginary friends.
- List of the top 10 toddler emergencies and what to do, great information for parents!
- Top 10 vaccine related questions and great, easy to read answers
- Good section focusing on nutrition and getting your toddler to eat

**Specific Views**
**Sleep:** Topics discussed include normal sleep patterns, weaning naps, moving from crib to bed and what to do when sleep patterns go wrong. There is a helpful chart about amount of sleep children need at different ages and sample nap and bedtime schedules for these children.

The author’s view on crying is that it is not cruel and fixing bad sleep habits may involve allowing your toddler to cry. The book focuses on setting a good nap schedule and bedtime routine as a way to form healthy sleep habits. The chapter focuses on teaching your child self soothing skills and avoiding unnecessary interventions such as feeding your child at night.

**Potty Training:** In Dr. Brown’s opinion toilet training takes one day- you just have to pick the right day! The book has a list of the five key steps to potty training. The book recommends using a potty chair and avoiding pull-ups.

**Misc**
The authors also have a book *Baby 411* that is in the same format and answers questions focusing on the first year of life.
Title: *The Happiest Baby on the Block*
Author: Harvey Karp, MD

**Overview**
Dr. Karp is a pediatrician who specializes in child development and specifically studies crying and colic. The book is divided into two parts. The first, “Why babies cry and why some cry so much” goes over reasons for crying, definition of colic and theories of its etiology and ends with introducing Dr. Karp’s 4th trimester concept. The second half of the book, “Learning the ancient art of soothing a baby,” goes over in detail the 5 S’s with multiple examples and techniques for applying each one.

**Who is it good for?**
Parents with babies less than 6 months and those with fussy babies.

**Highlights**
- Easy to read with funny cartoons breaking up the text
- Nice section defining what is colic and why it is not a mom’s fault.
- Includes list of top 10 activities that imitate a uterus
- Step by step instructions, including pictures, of how to swaddle
- Chapter explaining how to wean off the 5 S’s when baby is 3 months old
- Section on co-sleeping

**Specific Views**
- Fourth trimester theory: Babies were essentially born a trimester too early and for the first three months of their life parents should do all they can to imitate the womb environment, this is the origin of the 5 S’s.
- Firmly believes that young babies (under 3 months) cannot be spoiled. Letting babies cry for prolonged periods of time during these months does not foster independent children.
- 5 S’s: Swaddle, swing, side/stomach lying position, suck and Shhhhing sounds are what are needed to effectively calm babies.

**Pacifier:** to help soothe your baby is fine; just make sure you are not missing hunger cues. He recommends getting rid of it by 4-5 months of age because at this time an infant can suck on its own fingers and can develop an emotional attachment to an object such as a blanket or stuffed animal instead of the pacifier.

**Sleep:** During first 3 months use the 5 S’s to get your baby to sleep, they can’t be spoiled so no use letting them cry; after this time babies should learn to fall asleep on their own.

**Misc**
- Dr. Karp also has a DVD out demonstrating the 5 S’s. It is 35 minutes long and goes over his 4th trimester concept as well as how and when to use each S.
Title: *What to Expect, The First Year*
Author: Heidi Murkoff

**Overview**
This book, written in a question/story and answer format is organized on by months. Each chapter is organized in the same format, starting with a list of developmental milestones for that age and moving onto common parental concerns during that time. The book is long, however the table of contents is fairly detailed so it is easy to search for the topic of interest.

**Who is it good for?**
First time parents and those with a child less than 1 year of age.

**Highlights**
- First couple chapters talk about the equipment and preparation needed before the baby comes, has some helpful hints for getting ready
- Long chapter on breastfeeding and troubleshooting potential problems. There are pictures of a good latch
- At the end there are chapters on special needs babies, premature infants, common birth disorders and adopted babies
- Each chapter corresponding to specific ages goes over in detail nutritional considerations and ideas for healthy foods relevant to that particular age

**Specific Views**
**Sleep:** Advises putting baby to sleep in his/her crib slightly awake and being consistent about bedtime routines. Does not take a stance on the variety of sleep training methods, but presents the “cold turkey” method (letting the baby cry it out when they are about 6 months, “gradual withdrawal” methods citing the Ferber method of gradually increasing the amount of time you let your baby cry before soothing, as well as a program called “systematic awakening,” which involves periodically waking up your child throughout the night.

**Pacifier:** Believes you can use one judiciously, but recommends trying to get by without it, citing that it can interfere with breastfeeding and sleep. She also recommends weaning use by 3-6 months.

**Misc**
- Heidi’s book, *What to Expect when you are Expecting*, is a very popular book many moms will have used during pregnancy. This one is in a similar format.
- *What to Expect, The Second Year* goes over more toddler topics.
Title: *Solve your Child’s Sleep Problems*
Author: Richard Ferber, MD

**Overview**
Detailed 400+ page book on sleep with introductory chapters on the physiology of sleep and good sleep practices. The book is written mainly as text with limited figures and no charts or lists. It is divided into five parts including 1) Your child’s sleep (basic information about sleep in general), 2) The sleepless child (chapters on common causes such as middle of the night feedings and colic which cause lack of sleep), 3) Schedules and Sleep Rhythm Disturbances (discusses the different sleep phases and sleep phase shift disorders as well as naps), 4) Interruptions during sleep (sleepwalking and terrors, nightmares and bedwetting) and 5) the sleepy child (discusses obstructive sleep apnea and narcolepsy as well as other more rare causes of sleep disturbances).

**Who is it good for?**
Parents having trouble putting their child (toddler age) to sleep or keeping them asleep during the night. The book is rather detailed and quite long; many parents may have heard of the “Ferber method” and would rather read about it online or have their pediatrician explain it to them rather than read the book.

**Highlights**
- Great background scientific information on sleep, including a chart detailing the hours of sleep different age children need
- At the beginning of the book there are instructions of what chapter(s) to read for specific problems. i.e. sleepy during the day, read the following chapters.

**Specific Views**
Dr. Ferber is known for his specific sleep training method, often known as the “cry it out” method to parents, although Dr. Ferber does not refer to his method as so. In his book he has detailed instructions of how to train your child to fall asleep and stay asleep on their own. He advocates beginning this around 3-4 months, although notes that many children cannot sleep through the night until 6 months. The Ferber method involves a progressive waiting approach where each day you allow child more time on their own in their crib before responding. He believes this approach generally takes 3 to 4 nights.

In this edition of his book Dr. Ferber is more open to the idea of co-sleeping and recognizes that slightly different approaches may work better for different children. He has added a few chapters to this book about how to help your child sleep if things are not going well with the above method or if you choose to co-sleep.
Title: *The No-Cry Sleep Solution*
Author: Elizabeth Pantley

**Overview**
An easy to read book by a mother on how to get a baby to sleep through the night without a lot of crying. The book uses real stories and examples of the author’s own children and her personal experiences to make her points. The book begins by going over the biology of sleep and discussing exactly how much sleep different children need at different stages.

**Who is it good for?**
Parents who need an alternative to the Ferber method of sleep training. They may perceive this method as a gentler approach to getting their babies to sleep through the night. Also Pantley openly endorses co-sleeping, so for parents who are choosing this way of sleeping it may be a useful book.

**Highlights**
- Provides a checklist of how to make co-sleeping safe
- Uses real stories and examples to discuss different sleep associations
- Examples and ideas for a good bedtime routine
- Ideas on how to wean from using pacifiers and breastfeeding to put baby to sleep.

**Specific Views**
Pantley is a strong believer that children should not cry to go to sleep. She advocates keeping a sleep log of the child’s nighttime awakenings that describes what is going on during the time that a parent puts their child back to sleep. She recommends parents gently and gradually change their child’s sleep associations (such as falling asleep breastfeeding) in order to change their nighttime sleep habits. Throughout her book she stresses the importance of a bedtime routine, regular nap schedule and patience.

**Misc**
- Has a website for parents with a listing of all her books and downloadable materials such as sleep logs
- Multiple other books about sleep, including one on naps and one especially for toddlers
Title: *Healthy Sleep Habits, Happy Child*
Author: Marc Weissbluth, MD

Overview
A detailed book on sleep that is organized into three parts. The first, “how children sleep” is a discussion on the biology of sleep, healthy sleep strategies and sleep with for the fuss/colic baby. The second part is the meat of the book and has five chapters, with each dedicated to particular ages, ranging from month 1 to the school age and finally ending with the adolescent. The third and final part of the book discusses specific sleep problems such as night terrors, sleepwalking and narcolepsy. There is also a special section on special events disrupting normal sleep, such as new siblings, vacations and jet lag, and injuries. Interspersed throughout each chapter there are anecdotes from families about their experiences.

The book does not endorse a particular sleep training method, but does go over the pros and cons of the different popular methods. The book discusses helpful sleep hints at each age and which methods may work best for particular baby personalities or family structures.

Who is it good for?
Parents who are interested in a book discussing sleep at all ages and stages of childhood. This book can be used from the young infant to the teenager. It is very detailed and discusses a wide breadth of information on sleep.

Highlights
- Devoted chapters to sleep patterns at different ages
- Practical tips are bolded and in boxes throughout the text, making it easy to skim chapters
- Good brief summaries at end of each section

Specific Views
As mentioned previously there is no particular sleep training the author endorses, instead he explains the biological basis of sleep and sleep needs and patterns at different ages. At all ages he does advocate putting the baby to sleep while drowsy but awake.

Misc
- Also the author of *Your Fussy Baby*
**Title:** AAP Guide to Toilet Training  
**Author:** Mark Wolraich, MD

**Overview**  
This book is part of the series of parenting books put out by the American Academy of Pediatrics. There are 9 chapters, each about a different aspect of toilet training, ranging from how to tell your child is ready to how to train children with special needs. It is easy to read and there are shaded boxes in each chapter with helpful hints and tips. At the end of each chapter there is also a question and answer box with common questions and practical answers.

**Who is it good for?**  
Parents with toddlers ready to be toilet trained. Good reference book.

**Highlights**  
- Easy to read timetable of developmental milestones signaling a child is ready to start toilet training  
- Shaded box detailing appropriate words to use with your child and which ones to avoid  
- Section describing how to respond to accidents or resistance to toilet training  
- Chapter on toilet training children with special needs, including those with cerebral palsy, vision problems, hearing problems, spina bifida and behavioral and mental disorders.  
- Chapter on bedwetting with practical advice and tips on how to help the child.

**Specific Views**  
There are a variety of methods described throughout the book, however being positive, staying consistent and staying involved are always emphasized. Describes the physiological readiness at age 18 months, but stresses the fact that emotional and cognitive readiness may not happen until much later and are different for each child. Learning to read your child's cues is a must and the first step towards a successful toilet training experience. Recommends patience and gradual introduction of the potty chair along with verbal reminders and explanations of every step of going to the bathroom. AAP believes small rewards or sticker charts may enhance toilet training.

**Misc**  
- This book is part of the AAP parenting series of guidebooks. Other titles include *Caring for your Baby and Young Child Birth to Five, Caring for Your School Age Child age 5 to 12, Your Baby's First Year, and New Mother's Guide to Breastfeeding*
Title: *How to Talk So Kids Will Listen and Listen So Kids Will Talk*
Author: Adele Faber and Elaine Mazlish

**Overview**
Originally published in 1980, the book has undergone a revision to include 3 additional chapters that are respond to specific questions and concerns by parents. The book is written in an easy to read format with exercises where the reader documents his/her reaction and response to particular situations. There are then examples of how to control those reactions and how to make the responses appropriate to children. There are cartoons demonstrating the parenting concepts and new skills explored in each chapter.

**Who is it good for?**
Parents wanting to improve their relationship with their children through decreasing the amount of discord in the household. Written for parents of children toddler aged and up.

**Highlights**
- Cartoons highlighting new parenting skills in each chapter, easy to read and understand
- Exercises that help readers understand and practice responding to children in distress
- Chapter highlighting things to do instead of punishment
- 5 easy steps to enlist a child’s cooperation with tasks
- The authors discuss their own parenting experiences and experiences of those parents in their workshops making the book very personal and relevant

**Specific Views**
The authors state in their introduction to the book that they were initially hesitant to write a “how to” book because they realize each parent-child relationship is individual and there cannot be one instruction manual of how to interact with every child. However they do bring up several key concepts in learning how to deal with a child in distress. They particularly stress enlisting the child’s cooperation and allowing the child to come to the appropriate conclusion. The book focuses on realizing and recognizing certain feelings in children and then responding to these feelings in an educational and empathetic way.

**Misc**
- *Siblings Without Rivalry* is another parenting book by the same authors
Parenting Books by topic

**General**

**Baby**
- *Baby 411*, by Denise Fields and Ari Brown, MD
- *The Happiest Baby on the Block*, by Harvey Karp, MD
- *What to Expect the First Year*, by Heidi Murkoff

**Toddler**
- *The Happiest Toddler on the Block*, by Harvey Karp, MD
- *Toddler 411* by Denise Fields and Ari Brown, MD

**Sleep**
- *Solve Your Child’s Sleep Problems*, by Richard Ferber, MD
- *Healthy Sleep Habits, Happy Child*, by Marc Weissbluth, MD
- *The No Cry Sleep Solution*, by Elizabeth Pantley
- *The Sleep Book for Tired Parents*, by Rebecca Huntley
- *Sleeping Through the Night, How Infants, Toddlers and Their Parents can Get a Good Night’s Sleep*, by Jodi Mindell, MD

**Potty Training**
- *AAP Guide to Toilet Training*, by Mark Wolraich, MD
- *Keys to Potty Training* by Meg Zweiback, RN
- *I Don't Want to Go to the Toilet* by Annye Rothenberg, PH.D and Nina Ollikainen, MD

**Eating**
- *Feeding Baby Green* by Alan Greene, MD
- *Child of Mine, Feeding with Love and Good Sense* by Ellyn Sater
- *Coping with the Picky Eater, Guide for the Perplexed Parent* by William G. Wilkof

**Discipline**
- *How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
- *Siblings Without Rivalry* by Adele Faber and Elaine Mazlish
- *Positive Discipline* by Jane Nelson