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other topics and I encourage you to jump around. Along the way, you will learn a huge amount and create your own personalized solutions to enjoy healthy sleep in your household. Sleep Consult teaches parents how to help their child sleep within the context of the family. It focuses on the step by step process of building healthy sleep habits. Parents who are short on sleep will appreciate the clarity of explanations and instructions. Additional tools are available such as the Weissbluth Method Infant Nap App (9-12 Months), Weissbluth Method Toddler Bedtime App (12-36 Months), and the Six Sleep Problems and Solutions. My books, Healthy Sleep Habits, Happy Child, Your Fussy Baby, and Healthy Sleep Habits, Happy Twins and blog, Weissbluth Method, contain more information such as why sleep is important for your child and how your child s temperament impacts on sleep.

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