Bedtime Resources for Parents

Non-fiction books

Good Night Yoga by Gates
Buddha at Bedtime: Tales of Love and Wisdom by Nagaraja

Libros en Español

Buenas noches, Luna por Margaret Wise Brown
A Dormir, Pequeño Monstruo por Burnell
Arroro, mi nino : Latino lullabies and gentle games por Delacre
Tortillas and Lullabies por Reiser
Hora de dormir del conejo escrito e ilustrado por Wallace
Counting Ovejas por Sarah Weeks

Books in Chinese

Bao bao shui mian hao, ma ma bu fan nao /The happiest baby guide to great sleep by Karp

Books from Parenting Collection

The bottom line for baby : from sleep training to screens, thumb sucking to tummy time--what the science says by Bryson
On becoming baby wise : giving your infant the gift of nighttime sleep by Ezzo
Sleepless in America : is your child misbehaving or missing sleep? by Kurcinka
No Cry Sleep Solution for Toddlers and Preschoolers by Pantley
Sleep all night! : healthy sleeping habits by Salzmann
Become your child's sleep coach : the bedtime doctor's 5-step guide, ages 3-10 by Schneeberg
The lull-a-baby sleep plan : the soothing, superfast way to help your new baby sleep through the night ... and prevent sleep problems before they develop by Tobin

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