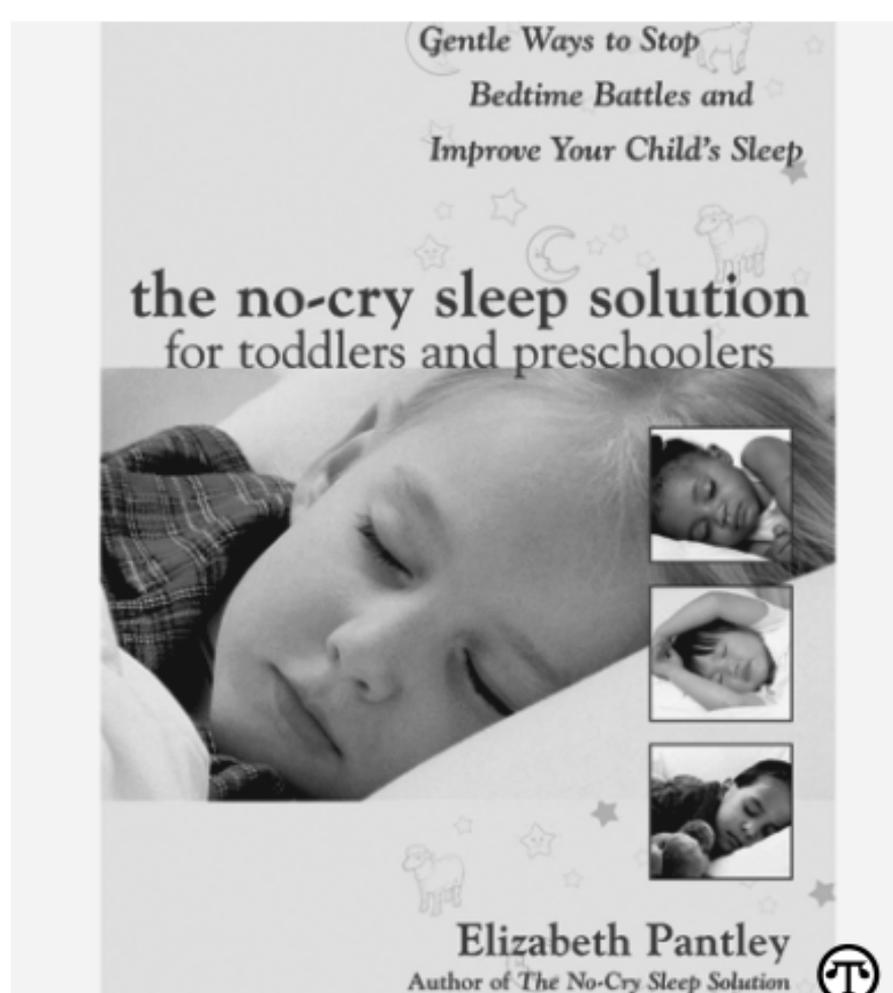


# **Pointers For Parents**

## **A No-Cry Sleep Solution**

(NAPSA)—Getting children, ages one to five, to go to bed easily and sleep through the night can be extremely challenging. Elizabeth Pantley has the answers to a good nights sleep in “The No-Cry Sleep Solution for Toddlers and Preschoolers” (McGraw-Hill, \$15.95).



**Almost 70 percent of children under age five have sleep problems. A new book has the answers.**

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Pantley offers loving solutions to help children get the rest they and their parents desperately need. Included are solutions to such nighttime obstacles as:

- Bedtime battles, dawdling, evening meltdowns
- Night walking, early rising, bed-wetting
- Naptime problems
- Graduating from the family bed
- Moving from a crib to a big-kid bed
- Sleep issues with twins, special needs and adopted children.

With Pantley’s help, parents and children will be able to sleep better and wake up in the morning rested and ready for a new day.