



Help with

Sleeping

Library staff will be able to help you find these books or others on the subject.

Books to help you

- *Sleep –the easy way to peaceful nights* - **Beatrice Hollyer**
- *Sleep solutions:* – **Rachel Waddilove**
- *The baby sleep guide* - **Stephanie Modell**
- *The gentle sleep book* – **Sarah Ockwell-Smith**
- *The good sleeper* – **Janet Krone Kennedy**
- *The newborn sleep book* - **Jassey Lewis**

Books to share

- *Bedtime little ones!* - **Claire Freedman**
- *I love you too!* - **Michael Foreman**
- *Little chick and the secret of sleep* -**Malachy Doyle**
- *Starlight sailor* - **James Mayhew**
- *While you were sleeping* - **John Butler**
- *Teddy bear says goodnight* - **Suzy Senior**
- *Max and the won't go to bed show* - **Mark Sperring**

Libraries have a wide range of information on many parenting topics - most libraries have parenting collections.

Look out for other booklists for parents on topics such as healthy eating; bereavement; fitness; weaning and breastfeeding; potty training; sleeping; safety and a new sister/brother.

Not a library member yet?

- Join for free at any Derbyshire Library or online via our website.
- Bring along a form of ID to a library.
- Anyone of any age can have their own ticket.
- Charges may apply for some items - children under 12 pay nothing for books.
- There's lots to discover in your library.

To find your nearest Derbyshire Library

Check our **website**: www.derbyshire.gov.uk/libraries
or **Call Derbyshire**: 01629 533190 or **text** 86555
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