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Parenting Advice Books About Child Sleep: Cosleeping and Crying It Out FREE

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Abstract

Study Objectives:

To identify the book sources of parenting advice about child sleep and then characterize those sources with respect to their authorship and the content of advice about cosleeping and cry-it-out sleep training.

Setting:

Availability in the United States market.

Sample:

Forty currently available parenting advice books about sleep were identified.

Intervention:

N/A.

Measurement and Results:

Most books were accessible regarding price and reading grade level. Most authors either had a medical background or no professional credentials. With regard to cosleeping, 28% of books endorsed it, 32% took no position, and 40% opposed it. Those that endorsed cosleeping generally recommended long-term bed sharing, but a few suggested room sharing only during the first few months after birth. With regard to crying it out, 61% of books endorsed it, 8% took no position, and 31% opposed it. Most of those that endorsed crying it out recommended scheduled checking, but a few suggested a cold-turkey method. More than half of the books presented advice that explicitly supported either cosleeping or crying it out and rejected the other.

Conclusions:

A medical perspective on sleep predominates in parenting advice in this area. That perspective is typically opposed to cosleeping and supportive of sleep training. However, a substantial minority present an opposite

position.

Keywords: Bed-sharing, cosleeping, crying, parenting advice, sleep training

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