

## **Parenting resources**

### **Sleep**

- Sleep tight, strategies to get your child to sleep
- Baby and toddler sleep solutions for dummies
- Teach your child to sleep, solving sleep problems from newborn
- Helping your baby to sleep
- Complete sleep guide for contented babies and toddlers
- Sleep right, sleep tight
- Save our sleep, a parents' guide towards happy sleeping babies
- Sleeping like a baby
- The baby whisperer solves all your problems
- The baby sleep book, complete guide to a good night's sleep
- The happiest baby on the block, the new way to calm crying babies
- Silent nights, overcoming sleep problems in babies & children
- The no-cry sleep solution, gentle ways to help your baby sleep through the night

### **Nutrition**

- Feeding your baby, a practical guide for Australian parents
- Cooking for babies and toddlers
- Small helpings, a complete guide to feeding babies & toddlers

### **General**

Below are sample titles – many more can be found with the Information books at **649**

- Baby secrets, how to know your baby's needs
- Baby's first year for dummies
- Secrets of the baby whisperer for toddlers

- The baby whisperer solves all your problems
- First time father, pregnancy, birth and starting out as a dad
- Twins, a practical guide to parenting multiples
- Toddler taming, the guide to your child's behaviour from 1 to 4
- We were here first kid, a practical guide to happy parenting
- Baby-gami; baby wrapping for beginners
- Tiny hands, Australian sign language for babies to toddlers

### Magazines

- Australian mother and baby
- Australian parents
- Mothering
- Practical parenting

### Online database

These available free to library members through the library website

- Health and Wellness Resource Centre database,
- Consumer Health Complete database

Staff at your local library are happy to assist in locating items for you  
– please do not hesitate to ask