

# [The Gentle Sleep Resource Kit](#)

To follow are some of my favorite resources. Many of them were my personal favorites and many others were recommended by clients. Unlike the professional handouts, this document was not developed for you to print out and give to your future sleep clients. I would encourage you to check out these websites and books and make your own professional decision if you like them and think they are worthy of referring to.

If you have any of your own please share them with me! [assistant@sleeplady.com](mailto:assistant@sleeplady.com)

## **SOME OF MY FAVORITE BABY/CHILDCARE BOOKS:**

**"Caring for Your Baby and Young Child: Birth to Age 5"** by American Academy of Pediatrics, Steven Shelov, MD Editor in Chief  
A wonderful reference book! Reviews growth/development, basic care, behavior, milestones for the different ages of your child.



**"Touchpoints: The Essential Reference- Your Child's Emotional and Behavioral Development"** by T. Berry Brazelton, MD  
Another classic. Dr. Brazelton has a very gentle, nurturing way of speaking about babies and children, their development and care.



**"Your Child's Health"** by Barton D. Schmitt, MD  
A great baby shower gift! Another great reference book- you can look up common illnesses, symptoms, behavior, rashes, newborn care, etc.



**"Holistic Pediatrician"** by Kathi J. Kemper, MD, MPH  
A reference book reviewing various treatments for common childhood ailments. Reviews homeopathy, acupuncture, mind/body and herbal approaches for each ailment and their safety and effectiveness.



## **“The Portable Pediatrician: A Practicing Pediatrician's Guide to Your Child's Growth, Development, Health and Behavior, from Birth to Age Five” (Paperback)**

by Laura W. Nathanson

Here is the Amazon link:

[http://www.amazon.com/Portable-Pediatrician-Practicing-Pediatricians-Development/dp/0060938471/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1234199370&sr=1-1](http://www.amazon.com/Portable-Pediatrician-Practicing-Pediatricians-Development/dp/0060938471/ref=sr_1_1?ie=UTF8&s=books&qid=1234199370&sr=1-1)

## **PRODUCTS**

### **Trixie Tracker**

Trixie Tracker is an easy-to-use web and mobile tool to help parents uncover and understand patterns in their baby's sleep and daily schedules. Customers can try it for free for 2 weeks.

<http://www.trixietracker.com/index.php>

### **Magic Sleep Suit**

An innovative baby product combines the secure feeling of swaddling with the coziness of a baby sleeping sack. The Magic Sleep Suit was created by a mother of three and a pediatric physical therapist to improve the quality and duration of her children's sleep.

<http://www.magicsleepsuit.com/>

Use this coupon code: SleepLady20 to receive 20% for you and your future clients.

### **Breathable Bumper**

One parent wrote “We were encouraged to remove our daughter's crib bumpers due to the risk of SIDS. My daughter was a very active sleeper from the beginning and made her way around the whole crib. We were awakened numerous times during the night due to legs or arms caught between the crib slats. I also didn't like how open the big crib felt without a bumper. The Breathable Bumper was a wonderful compromise that saved our precious sleep”.



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## Crib tent

Helpful if your child is under 2 years of age and is trying to climb out of the crib. I do not recommend the one that attaches to the top of the crib railing. The one that attaches below the mattress is more secure.



## Halo® SleepSack™

A wearable blanket for babies from birth to age two. Great for when you wean your baby from swaddling! They come in toddler sizes too with cuffs for the feet.



or <http://www.halosleep.com/go/sleep lady>

## Miracle Blanket

A great swaddling blanket! It has pockets for their feet to keep them tightly swaddled. As you know, swaddling can reduce a young baby's early evening fussiness and may help him/her sleep longer at night!

<http://www.miracleblanket.com/134.html>

## Ultimate Crib Sheets

These are great! They are a sheet, waterproof liner and mattress pad all in one. You put it over your decorative fitted sheet and attach it with snaps that go around the crib railings. This makes for easy sheet changing. Buy two so that you can wash one while using the other.



## Marpac Sleepmate 980- Sound or White Noise Makers

One parent wrote "This is great in my daughter's room. I recently bought one for my room and found that it puts me into a really, really deep sleep too. I don't

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wake up when my husband snores or the cat snuggles up to me." I usually refer people to Amazon for this product.

<http://ow.ly/30bYf>

### **Sleep Well Baby- sound screens, alarm clocks etc.**

This internet store has a variety of products that I like. They carry white noise makers, the sun alarm clock and a variety of sleep related products. You can also become an affiliate and make a commission off of purchases made there via your link.

<http://www.sleepwellbaby.com/default.asp>

### **Night Light/ Alarm Clock**

The objective of the "Good Nite Lite" is to educate children to stay in bed until it is morning. The Good Nite Lite device itself is an innovative combination of a traditional night light and a built in timer that changes the visual display characteristics to reinforce a regular sleep pattern.

<http://www.goodnitelite.com/index.php?page=product>

### **Pure Baby Eczema Care**

One parent wrote "This is a wonderful cream for baby's and Mom's eczema. When my daughter developed eczema around 6 weeks old, I tried all the recommendations from the doctor, but they didn't work. The rash got worse and she scratched her face more. I found this and it is amazing. It's fragrance and dye free, it's not greasy, it just soaks right in and doesn't leave a trace of residue." The company is in the UK.

[Purebaby.com](http://Purebaby.com)

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## **Hyland Homeopathic Teething Tablets**

So many of my clients love these tablets and swear they help their child!

<http://ow.ly/30gbO>

## **Dunstan Baby Language: Learn the Universal Language of Newborn Babies** by Priscilla Dunstan DVD

The Dunstan Baby Language DVD teaches parents the 5 cries all newborns use to communicate their everyday needs from day 1. You will know when your baby is hungry, tired, needs burping, has lower wind or is simply uncomfortable. By learning this System parents are able to settle their baby faster, resulting in happier babies who sleep longer and cry less - something every new parent would wish for.

Here is the Amazon link:

[http://www.amazon.com/Dunstan-Language-universal-language-newborn/dp/B000PDZ9SU/ref=pd\\_bbs\\_1?ie=UTF8&s=dvd&qid=1234200940&sr=8-1](http://www.amazon.com/Dunstan-Language-universal-language-newborn/dp/B000PDZ9SU/ref=pd_bbs_1?ie=UTF8&s=dvd&qid=1234200940&sr=8-1)

## **PARENTING**

### **Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better, and Grow Stronger (Paperback)**

by [Helen Garabedian](#)

The author also has several DVDs. Check out her website <http://www.itsybitsyyoga.com> to find a class facilitator near you.

Here is the Amazon link:

[http://www.amazon.com/Itsy-Bitsy-Yoga-Longer-Stronger/dp/0743243552/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1234199512&sr=1-1](http://www.amazon.com/Itsy-Bitsy-Yoga-Longer-Stronger/dp/0743243552/ref=sr_1_1?ie=UTF8&s=books&qid=1234199512&sr=1-1)

### **Itsy Bitsy Yoga for Toddlers and Preschoolers: 8-Minute Routines to Help Your Child Grow Smarter, Be Happier, and Behave Better (Paperback)**

by [Helen Garabedian](#)

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The author also has several DVDs. Check out her website <http://www.itsybitsyyoga.com> to find a class facilitator near you.

Here is the Amazon link:

[http://www.amazon.com/Itsy-Bitsy-Yoga-Toddlers-Preschoolers/dp/1600940080/ref=sr\\_1\\_2?ie=UTF8&s=books&qid=1234199512&sr=1-2](http://www.amazon.com/Itsy-Bitsy-Yoga-Toddlers-Preschoolers/dp/1600940080/ref=sr_1_2?ie=UTF8&s=books&qid=1234199512&sr=1-2)

### **1-2-3 Magic: Effective Discipline for Children 2-12"** by Thomas Phelan, PhD

Offers a step by step approach to child discipline without yelling, arguing or spanking.



### **"How to Talk So Kids Will Listen and Listen So Kids Will Talk"** By Adele Faber and Elaine Mazlish

One parent wrote "This book has been around a long time, and for good reason. It is one of the most wonderful child-rearing books in existence. This book helps you look at the world from a child's eyes, so that you learn to exercise empathy, and to realize that their feelings are as strong and important as yours. It teaches you how to listen, communicate and problem-solve with your child in a way that treats them with dignity while (often) getting you the results you need - a sane household and happy kids who feel a sense of self-worth. The information is presented in sample dialogs, illustrative cartoons, and exercises to help you think and practice effective communication skills. Even if you think you know it all, you are bound to learn something important from this book."



### **"Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive"** " by Daniel Siegel, MD and Mary Hartzell, MEd

An easy to read book on how our own childhood experiences shape the way we parent.



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**"Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too"** by Adele Faber and Elaine Mazlish

"This book is the follow-on to "How to Talk So Kids Will Listen and Listen So Kids Will Talk" by the same authors. It's an excellent parent gift for the 2nd child, as the parents are likely to have all the "stuff" they need already. This book helps you manage the tumultuous love and frustration that inevitably arises in sibling relationships. There are great examples of how to stay out of your kids struggles, how to encourage cooperation, how to avoid blaming one child too often, and how to avoid roles and labeling that cause additional tension."



**"The Out of Sync Child: Recognizing and Coping with Sensory Processing Disorder"** by Carol Stock Kranowitz, MA and Lucy Jane Miller (newly revised and updated)

*The Out-of-Sync Child* broke new ground by identifying Sensory Processing Disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. This newly revised edition features additional information from recent research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHA, autism, and other related disorders.

The Amazon link:

[http://www.amazon.com/Out-Sync-Child-Recognizing-Processing/dp/0399531653/ref=pd\\_bbs\\_sr\\_1?ie=UTF8&s=books&qid=1234200599&sr=8-1](http://www.amazon.com/Out-Sync-Child-Recognizing-Processing/dp/0399531653/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1234200599&sr=8-1)

**"Waking Up Dry: A Guide to Help Children Overcome Bedwetting"** by Howard Bennett, MD

"Waking Up Dry" is a welcomed resource for parents of children 6 years or older who wish to help their child end bed wetting. Dr. Bennett's approach is comforting, gentle and validating. He outlines a step by step program with practical tips and answers to common questions-- all with cartoons for your child and humor to lighten things up!



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