Through the Night: Helping Parents and Sleepless Infants

Dilys Daws; Terri Gullickson;

Abstract
Originally published in Contemporary Psychology: APA Review of Books, 1995, Vol 40(5), 487-487. The reviewer notes that the author of this book (see record 1989-98525-000) explores infant sleep problems and hypothesizes that many sleep difficulties arise from separation issues for the baby and the parents. Daws synthesizes theory from psychoanalysis and physiology to investigate the parents' relationship with the child and the parents' early memories and sense of self, as well as biological factors that influence sleep patterns. The book is clinically based and describes Daws' therapeutic approach developed over 10 years of clinical practice. Her method includes brief psychoanalytic therapy with the parents and children and practical solutions such as close physical contact with infants, swaddling, and responding appropriately to a crying baby. (PsycINFO Database Record (c) 2006 APA, all rights reserved)

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Through the Night: Helping Parents and Sleepless Infants
Helping America's Most Vulnerable Children and Parents

Through the Night describes work in the baby clinic of a General Practice by a child psychotherapist from the Tavistock Clinic. Through the Night is a book on the technique of parent-infant psychotherapy published in the UK. What other items do customers buy after viewing this item? Finding Your Way with Your Baby. The writer encourages thinking about what is happening with the baby, in the family and between the parents and the baby, rather than prescribing lists of strategies. Superb! Read more.