



Break the Co-Sleeping Habit: How to Set Bedtime Boundaries - and Raise a Secure, Happy, Well-Adjusted Child

Valerie Levine

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How old is too old for children to sleep with their parents? If this question even needs to be asked, odds are it's too old. Yet millions of parents struggle with this issue every single night, literally losing sleep over it. Half of all preschoolers sleep with their parents, and nearly a quarter of all school-aged children do so as well. It's no wonder we're a nation of sleep-deprived kids and adults.

In this book, acclaimed psychologist Valerie Levine, Ph.D., helps parents set bedtime boundaries and stick to them. With quizzes designed to identify each family's specific challenges, Dr. Levine's practical, hands-on guide reveals how to break the co-sleeping habit no matter what the age or the circumstances of the child. In doing so, parents learn not only how to handle this tough issue, but also receive the tools they need to face similar parenting issues down the road.

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