



Goodbye to Bedtime Fears: Parents' Guide

Sherry Henig Ph.D.

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Goodbye to Bedtime Fears: Parents' Guide Sherry Henig Ph.D.

This detailed, easy-to-read Parents' Guide from Dr. Sherry Henig is filled with different methods, strategies, and reminders to help you reassure your child that her room is a safe and secure place. It explains how gradually allowing your child to be alone in her room at night will help her feel protected and snug as a bug as she falls asleep without your constant presence.

Be sure to also look for the companion Children's Book. This Parents' Guide will teach you how to solve your child's bedtime fears. The Children's Book will show your child that it can be done!

You're on your way to a better night's sleep tonight!

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