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## Through the Night: Helping Parents and Sleepless Infants

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### 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)

### Related Topics

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Medical Journal of Australia 2020; 212(11):C1–C2.

[Sleepless Night and Day, the Plight of Progressive Supranuclear Palsy](#)

SLEEP 2017; 40(11).

[Helping NICU parents face the future](#)

The Journal of Pediatrics 2018; 200():1–2.

[Through the Night : Helping Parents and Sleepless Infants](#)

PsycCRITIQUES 1991; 36(3):265.

[Evaluating the Sleepy and Sleepless Patient](#)

CONTINUUM: Lifelong Learning in Neurology 2020; 26(4):871–889.

Sleepless nights are a rite of passage for parents and they will come to an end. You can help lead your baby to sleeping through the night by giving her the best sleep environment, a solid daily and bedtime routine, and giving her the tools to fall asleep, and back to sleep, on her own. In the meantime, as you push through this sleep journey, have patience and know these nights will not last forever. Changes aren't generally immediate, but take time and consistency. Helping NICU parents face the future *The Journal of Pediatrics* 2018; 200(): 1-2. Through the Night: Helping Parents and Sleepless Infants Through the Night: Helping Parents and Sleepless Infants Checking for direct PDF access through Ovid Search by title, author, DOI, PMID or keyword 🔍 Advanced Search ≡ *PsycCRITIQUES* 1991; 36(3): 265. Helping America's Most Vulnerable Children and Parents *American Journal of Orthopsychiatry* 2017; 87(5): 549-556. About us Privacy Policy Terms of Use Site Map Copyright © 2019 Ovid Technologies, Inc., and its partners and affiliates. All Rights Reserved. Through the Night has 3 ratings and 1 review. Spider said: After about two years of not being able to think we'll I found this really intellectually and Goodreads. But for babies, sleeping through the night may mean your child still needs to breastfeed or take a bottle — remember, tiny tummies mean hunger calls often — but is able to fall back to sleep after. So your 3-month-old “sleeping through the night” doesn't necessarily mean you're getting uninterrupted sleep. But it does mean your child is getting some quality shut-eye to help with their development and growth. A lot of development also occurs during these months, so your sleepless nights will pay off — with interest. Breastfed vs. formula-fed babies. Help! My baby is 6 months and still not sleeping through the night. Do I need to speak with a sleep expert? A lot depends on how and where your baby is falling asleep in the first place and what it takes to get them back to sleep when they wake up.