



Parent Webinar Series

Good Nights, Great Days: How to Help the Whole Family Get Some Sleep
Parent Resources

Websites:

- [Craig Canapari, MD](#): Written by Mass General Hospital for Children's pediatric sleep specialist Dr. Canapari this blog consists of practical advice rather than direct clinical care.
- [Sleeping Angels](#): A blog about how sleep affects children's health and well-being written by Dr. Dennis Rosen, MD, pediatric sleep specialist at Children's Hospital Boston.
- [Seattle Mama Doc](#): Written by a practicing pediatrician and mother of two young children, this blog offers online helpful resources, and shares methods learned from patients, friends and family, both in and out of the field of medicine.
- [Confessions of a Dr. Mom](#): Written by a board certified pediatrician and mom of two children.
- [KC Kids Doc](#): Dr. Natasha Burgert is a full-time pediatrician, blogger, and social media community manager. She has a passion for educating families in unique ways, in order to promote and encourage positive health choices.
- [Science of Mom](#): Written by former research scientist turned mom and writer, who started summarizing her research after having her own baby and turning to the internet for answers.
- [Mom to Mom](#): Bright Horizons mom bloggers lament, rejoice and give advice on sleep topics, parenting insights and so much more.

Articles:

- [e.family news](#): Written by early education experts, e.family news is a free weekly electronic newsletter providing advice, strategies, tips, resources, and news about current parenting issues you may be facing. Topics covered range from the practical to the peculiar; the lighthearted to the sublime, and everything in between.
 - [Helping Children to Sleep While on Vacation](#)
 - [Bedwetting: It's Common and Natural](#)
 - [Time for Bed: Let's Read](#)
- [Putting Preschool Bedtime Problems to Rest](#), Mayo Clinic

Book:

- [The Sleep Book for Tired Parents: Help for Solving Children's Sleep Problems](#), Rebecca Huntley



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Products:

- [Ok to Wake Alarm Clock](#): Use to teach children how to tell time, but also set lights to change colors at the time at which you'd like them to wake up or come out of their rooms.
- [Gunapod](#): The only wearable blanket that uses the innovative WONDERZIP system- 4 all-around zip pulls for simple changing, temperature control and maximized comfort.
- [Putumayo Dreamland Music Series](#), Barefoot Books: A perfect accompaniment to any Barefoot Book, doze off to dreamland with this collection of soothing music.