



# Three in a Bed: The Benefits of Sleeping with Your Baby

*Deborah Jackson*

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## **Three in a Bed: The Benefits of Sleeping with Your Baby** Deborah Jackson

Only since Victorian times has it been standard practice for mothers and fathers to send their babies to sleep alone, away from the parental bed - often in another room. This book reveals how babies who sleep with their parents benefit by getting virtually a full night's sleep. The author explains the advantages of this radical form of baby care, including its benefits for breastfeeding mothers, reviews the history of babies in the bed and, through interviews with parents, explores attitudes to the idea. The book also contains a fresh perspective on the tragedy of cot death, as well as practical advice on how to sustain your sex life, hints on safety in the bed, answers to all the common objections and dealing with the moment when the baby leaves its parents' bed.

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