



# Three in a Bed: Why You Should Sleep with Your Baby

*Deborah Jackson*

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## **Three in a Bed: Why You Should Sleep with Your Baby** Deborah Jackson

This work advocates a radical form of baby care which urges parents to sleep with their babies. The author explains the advantages of this idea, showing how babies who sleep with their parents benefit from the increased physical contact, and how their parents get virtually a full night's sleep. The book reviews the history of babies in the bed and through interviews with parents explores current attitudes to the idea. It also contains a new perspective on the tragedy of cot death, as well as answers to all the common objections. Finally, the author deals with the moment with a baby leaves its parents' bed.

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