

Sleeping Like a Baby

Written by Sarah Ockwell-Smith

Friday, 01 September 2017 00:00 - Last Updated Tuesday, 22 January 2019 08:50

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Sleep is a big issue in our society, and an enticing moneymaker. Is our species so flawed that we must forever be on the verge of a nervous breakdown for the first three years of our offspring's life? Or does our obsession with infant sleep show a more troubling need to better understand the norms of our evolutionary biology? If parents were truly educated about the sleep behaviors of normal babies and children, and the illusion of the perfect contented little baby sleeping 12 hours at night by as many weeks was shattered and replaced with realistic, evidence-based information, then everything would change. It would change how we are with our babies and children, it would change the value of motherhood, and it would change the

