

Resources for FEEDING & SLEEP

We live in a time of unprecedented access to information. We can ask almost any question and find an answer. When it comes to parenting, it can be overwhelming and confusing to sort through seemingly opposing information. This is especially true for parents navigating their child's medical challenges.

Below is a list of resources recommended by the providers at the UCLA Family Development Program. While this is not a comprehensive list, these books, websites, and podcasts offer sound advice that aligns with expert guidance.

***Helping Your Child With Extreme Picky Eating* by Katja Rowell and Jenny McGlothlin**

Why we love it! ↪

This clear, detailed, and compassionate guidebook provides parents with a realistic plan to address family patterns affecting feeding difficulties.

***Precious Little Sleep* by Alexis Dubief**

Why we love it! ↪

Alexis Dubief's book offers a range of approaches for improving infant sleep, from gentle to structured.

<https://solidstarts.com>

Why we love it! ↪

A team of occupational therapists, physical therapists, dietitians, and a pediatrician has put together this comprehensive (and largely free) set of guides about introducing many different foods to babies, using a baby-led weaning approach. They also offer general nutrition, feeding behavior, and picky eating tips.

<https://feedinglittles.com>

Why we love it! ↪

As Nutritionists and Occupational Therapists, Judy and Megan from Feeding Littles offer both paid and free guides to topics like bottle refusal and disruptive mealtime behavior.

<https://safetosleep.nichd.nih.gov/>

Why we love it! ↪

The National Institute of Health's Safe to Sleep website encourages safer sleep practices that have been shown to lower the risk of Sudden Infant Death Syndrome (SIDS). It includes shareable resources, videos, and information to help parents make a sleep plan that is safe and healthy for the whole family.

