

BOOK of the MONTH

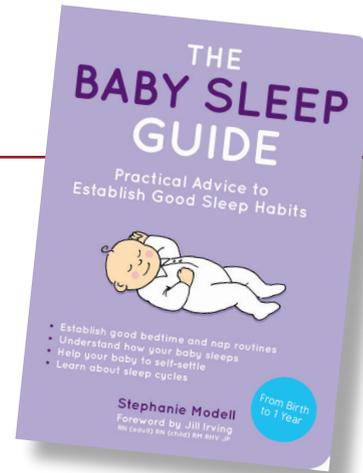
The Baby Sleep Guide: Practical Advice to Establish Good Sleep Habits

By **Stephanie Modell**
Summersdale £6.99

As any parent knows, sleep deprivation can be a killer, especially if you have a bubba who wakes even more frequently than those who like to feed a couple of times during the night. But, according to a new book by local author Stephanie Modell, you can help your little bundle of joy learn to sleep – you just need to tune into baby's sleep cycles and natural rhythms.

Accessible and easy to follow, this book provides simple and easy techniques to help you establish positive sleep habits early on that will pay dividends in the long term. Guiding you through different sleep teaching approaches so you can find a healthy balance that works for you and your baby, and designed to be deliberately concise to find information at a glance, The Baby Sleep Guide is as informative as it is practical. Including a variety of solutions to common problems, this is an essential addition to the bookshelves of any new parents.

And the author knows what she's talking about. Stephanie Modell qualified as a nursery nurse in 1984 and has over 20 years' experience of working with babies and children, as a nanny, maternity nanny and sleep consultant. In 1997, her experience with babies really came into its own, when her triplets were born. Triplets! Now THAT'S sleep deprivation!



Hawthorn's Hill

By **Denis Redmond**
Mereo £12.99

The sun was not yet strong enough to burn the mist off and visibility was only a few yards. Private Askari, the spirit man, had his eyes on the ground and could not have seen Hawthorn's Union flag through the mist anyway. He took his first step onto the narrow track that led upwards in zigzag fashion, and was about to take a second when an amplified voice came down to him as if from Heaven. "Stay where you are!"

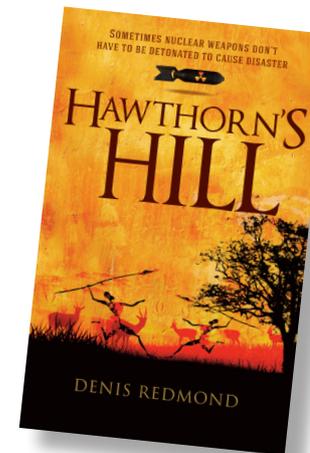
The follies of diplomacy, tribal conflict and the foibles of race and sex are all ingredients in this topical and cleverly-constructed novel about modern Africa.

An authentically-written debut novel about a fictitious central African country, tension mounts as tribal leaders jockey for power. With vivid descriptions of cultural conflict and tribal warfare, poor old Zawanda is in a mess; its economy in meltdown, its people unable to give up their age-old tribal enmities. The news that Britain is to cut off the country's foreign aid looks like the last straw, until Frederick Zawutu, the intelligent, Cambridge

and Sandhurst-educated new president, hits on a daring scheme – to embark on a game of bluff designed to make the West believe that this penniless Central African nation has somehow acquired a nuclear bomb. Everything goes to plan, until the English arms dealer Zawutu has set up to unwittingly play the part of the 'supplier' proves to be a little too good at his job...

Reading a book that saw a gun thrown into a swamp only to re-appear a few chapters later without explanation, Denis Redmond thought he could better. Quickly discovering a natural talent for writing and plotting, Hawthorn's Hill is the first in a trilogy. Denis served in the Army, with postings to Singapore, Malaya, Japan, Korea and Germany, as well as Duty Visits to Norway, Sarawak, Aden and Hong Kong.

With broad appeal, especially to those who enjoyed the Sharpe novels, Hawthorn's Hill is a gripping adventure and a highly recommended read.



Other suggestions

Also worth a read...

Into The Digital Ether
Andrew C.F. Whitehead

"A mere ten minutes ago I was a free

man in the Carterton of the 21st century and now I am effectively a prisoner in the 14th century. What am I to do?" A fresh, accessible and humorous time-slip novel, Into the Digital Ether will appeal to fans of fantasy and historical fiction, from teenagers upwards.



Corinna
By Catherine Gilling

"Max!" Corinna screamed. The table rocked back and forth, balancing tantalizingly while they both held their breath, then, terrifyingly, the whole display of china finally toppled, breaking into hundreds of shattered pieces. An awful explosive crash resounded through the whole house, even echoing down the distant sanctum of their father's domain. It was followed by a long, frozen silence...

