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Help your Baby to Sleep

By Barratt, Judy

Condition: New. Publisher/Verlag: Dorling Kindersley UK | Practical sleep Solutions, from newborn to age three | Features practical sleep solutions for your child from newborn to toddler. This title tells you exactly what you need to know to finally get a good night's sleep. | Practical sleep solutions for your child from newborn to toddler Help Your Baby to Sleep tells you exactly what you need to know to finally get a good night's sleep. Age-specific advice for your child will help you to understand how your child's sleep patterns evolve from birth onwards and equips you with the tools to instil good sleep habits in your child from the very first day to up to three years old. You'll get all the information that you need to make informed decisions about sleep strategies that work for all the family, with advice on sleep cycles, where your baby should sleep and how to set up good sleep habitats for each age group. Seven common sleep training techniques are explored, from 'no cry' to 'controlled crying' with their pros and cons outlined, so you can select the approach that works for you and your child. With practical strategies, and non-judgmental real-life solutions, Help Your...



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