



The Children's Sleep Remedy: 21 Tips to Get Your Kids to Sleep Better (Putting Your Children to Sleep, Getting Your Child to Go to Bed, Help Your Child Fall Asleep, Tips for

By V Noot

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get Your Children to Bed Easily and Have them Stay There! Discover the secret techniques that helped numerous parents to help their kids sleep better. Children can go to bed like that or they stay up forever and ever. But there is always a reason. Putting children to sleep is an art that can be mastered. And once they are asleep, you get to have some spare time in the evening, and they will be happier the next morning, only to repeat the same routine the next day. When you apply the bedtime rituals and tips for children in this book, you will be able to: Get your kids on a routine that will help them sleep better every day. Figure out what is holding them back from falling asleep. Stop wasting time on solving the problems they present when they get out of bed. Have happier children who will be less tired and grouchy during the day. Get your children as much sleep as they need. If you have children, this will be a...



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