



Healthy Sleep Habits, Happy Baby: Quick and Easy Baby Sleep Training Solutions You Can Use Tonight!

By Ted Dobbins, Mary Dobbins

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover Healthy Sleep Habits To Help Get Your Baby To Sleep Tonight! People who say they sleep like a baby usually don't have one - Leo J. Burke If you were anything like we were you likely found your joy of becoming new parents tempered somewhat by the struggles of getting your baby to sleep. For any parent it's hard to be at your best at home or at work when you're dead tired. What's more for your child's development getting a good night's sleep is even more important. There is a link between poor sleep habits developed in youth and full-blown sleep disorders later in life. Not to mention that all growing babies and toddlers need quality sleep for their own physical and mental development. But what can you do? How can you get your baby to develop healthy sleep habits so that they will go to sleep and stay asleep? As parents we struggled with this question ourselves over many a sleepless night. What we eventually discovered is that there is...



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