



Better Sleep for Your Baby and Child: A Parent's Step-by-step Guide to Healthy Sleep Habits

By Shelly K Weiss

Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, Better Sleep for Your Baby and Child: A Parent's Step-by-step Guide to Healthy Sleep Habits, Shelly K Weiss, Almost all parents experience some difficulties with their baby's sleep patterns. Sleep problems in infancy and childhood are common and can be incredibly disruptive for both child and parents. This book has been written both for expectant parents who want to prevent childhood sleep problems before they start and for parents who want to solve existing sleep issues. It talks about: introduction to sleep; infant sleep; sleep in children and adolescents; sleep hygiene; sleep disorders; and sleep medications. It provides strategies and professional advice based on hands-on clinical experience: detailed explanations of sleep; preventative strategies; sound practical advice; guidelines to recognise when a child has a serious problem; breathing disorders; nocturnal feeding/drinking disorders; and nightmares and night terrors. It features highlighted data boxes alongside the text, summarising: sleep facts; "what the textbooks say"; case studies; and frequently asked questions. By following the practical advice in this book, in no time at all both you and your child will be enjoying a restful night's sleep.



READ ONLINE
[6.78 MB]

Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating throgh studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.

-- **Lawrence Keeling**

This publication may be worthy of a read through, and a lot better than other. It is among the most incredible book we have read through. Your daily life period will be change when you total reading this article publication.

-- **Garett Baumbach**

Related eBooks



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised

Book Condition: Brand New. Book Condition: Brand New.



Nature Babies : Natural Knits and Organic Crafts for Moms, Babies, and a Better World

Book Condition: Brand New. Book Condition: Brand New.



Studyguide for Creative Thinking and Arts-Based Learning : Preschool Through Fourth Grade by Joan Packer Isenberg ISBN: 9780131188310

2011. Softcover. Book Condition: New. 4th. 8.25 x 11 in. Never HIGHLIGHT a Book Again! Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives all of the outlines, highlights, and quizzes for your textbook with optional...



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



Accused: My Fight for Truth, Justice and the Strength to Forgive

BenBella Books. Hardback. Book Condition: new. BRAND NEW, Accused: My Fight for Truth, Justice and the Strength to Forgive, Tonya Craft, Mark Dagostino, This is the true story of a woman who prevailed against the most heinous accusations imaginable. Tonya Craft, a...