



The Dream Sleeper: A Three-Part Plan for Getting Your Baby to Love Sleep

By Conner Herman, Kira Ryan

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, The Dream Sleeper: A Three-Part Plan for Getting Your Baby to Love Sleep, Conner Herman, Kira Ryan, Dream Team's new way to a good night's sleep for babies and parents With a simple and easy-to-follow plan for today's fast-moving (and often sleep-deprived) parents, this book offers a new, modern approach to teaching babies how to sleep independently. The authors' proven methods, prepared with a team of esteemed pediatric advisors, show anyone how to coach their baby to sleep through the night on his or her own. The importance of preparation, consistency, and patience is explained in a down-to-earth style. * A primer on the science of sleep * Instructions for setting up the sleeping environment and creating sleeping and eating schedules * Advice on identifying sleep associations and creating a support system * Checklists and strategies to implement the three-part plan With respect for many styles of parenting, this step-by-step program includes methods for helping baby get a good night's sleep.



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