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## The Good Sleep Guide for Kids: The Essential Guide to Solving Your Child's Sleep Problems, from Ages 3 to 10

By Sammy Margo

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Good Sleep Guide for Kids: The Essential Guide to Solving Your Child's Sleep Problems, from Ages 3 to 10, Sammy Margo, With 69 per cent of children under the age of 10 affected by sleep problems that can lead to mood swings, behavioural disorders and irritability, good sleep plays a major part in their wellbeing. In "The Good Sleep Guide for Kids", Sammy Margo addresses problems such as night waking, sleep terrors and sleep walking and offers sound advice on ensuring the best quality sleep for your child. With expert guidance on bedroom environment, bedclothes, bedtime routines and foods that help and hinder sleep for children, Sammy also looks at issues such as: sibling relationships; comfort toys; napping; and co-sleeping with parents. "The Good Sleep Guide for Kids" offers a simple, positive approach to solving sleep problems and creating the best environment and routine for restful, satisfying sleep every night.



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