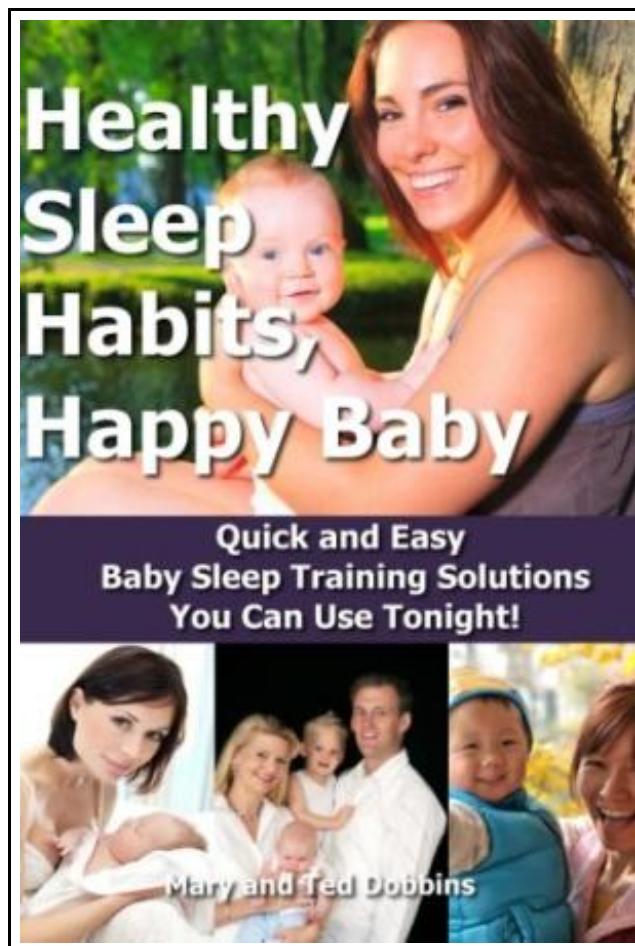


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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover Healthy Sleep Habits To Help Get Your Baby To Sleep Tonight! People who say they sleep 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 nights 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 not one ideal form of baby sleep training, but several. All babies are unique in their temperament and physical needs. We were constantly amazed at how our current sleep solution would completely backfire with our friend s children and vice versa. The key is to know what the options are and be willing to constantly test and adapt them to your baby s own unique circumstances. This is what our little book *Healthy Sleep Habits, Happy Baby: Quick and Easy Baby Sleep Training Methods You Can Use Tonight!* is all about. Within its pages you will find a variety of...

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