

The Sensational Baby Sleep Plan - Alison Scott-wright

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Sleep is something all new parents want, both for themselves and their newborn babies. Now, with The Sensational Baby Sleep Plan baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds! The Sensational Baby Sleep Plan gives parents: * Realistic, easy to follow advice and guidance * Sensible feeding plans that can be tailored to suit the individual * Simple explanations of how to interpret different cries * Useful tips to encourage belief and trust in their parental instincts * Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic. * Happy babies that sleep through the night and have structured naps from around 2 months. Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, The Sensational Baby Sleep Plan is a step-by-step, must-have manual for stress-free parenting. Author: Scott-Wright, Alison Publisher: Transworld Digital Illustration: N Language: ENG Title: The Sensational Baby Sleep Plan Pages: 00288 (Encrypted EPUB) On Sale: 2010-04-27 SKU-13/ISBN: 9780593062814 Category: Health & Fitness : Pregnancy & Childbirth Category: Family & Relationships : Life Stages - Infants & Toddlers -

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