

Sleep Sense - , Ann Richardson

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Written by the authors of the bestseller Baby sense. Simple, sensible solutions to ensure you and your baby will get a good night's sleep by establishing healthy sleeping habits. Learn to set the stage for sleep with Â¢ realistic expectations Â¢ appropriate sensory experiences during the day Â¢ the right sleep zone Â¢ the elimination of hunger or medical reasons for night wakings Â¢ healthy and sufficient day sleeps Â¢ good sleep associations to help your baby re-settle by himself Â¢ solutions for separation issues. In addition Sleep sense offers an age-related trouble shooting section where desperate parents will find quick fixes. Author: Faure, Megan Author: Richardson, Ann Publisher: Metz Press Illustration: N Language: ENG Title: Sleep Sense Pages: 00000 (Encrypted PDF) On Sale: 2007-06-15 SKU-13/ISBN: 9781920479510 Category: Family & Relationships : Parenting - Child Rearing Category: Family & Relationships : Parenting - General Category: Health & Fitness : Sleep & Sleep Disorders

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