



The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep - Newborn to School Age (New edition)

By Heather Turgeon, Julie Wright

Scribe Publications. Paperback. Book Condition: new. BRAND NEW, The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep - Newborn to School Age (New edition), Heather Turgeon, Julie Wright, A research-based guide to helping children do what comes naturally - sleep through the night. Many parents feel pressured to 'train' babies and young children to sleep. Sometimes hours are spent rocking, singing, and coaxing. But kids don't need to be trained - they're built to sleep. Over time, all that cajoling can have the opposite effect to what is desired. Problems can arise when parents (with the best of intentions) overhelp or 'helicopter parent' at night, overshadowing their baby's biological ability to sleep well. In The Happy Sleeper, child-sleep experts Heather Turgeon and Julie Wright show parents how to avoid and undo cumbersome sleep habits. They provide guidance on how to be sensitive and nurturing, but also structured, so that your baby or young child can develop the skills they need in order to: * fall asleep independently * sleep through the night * take healthy naps * acquire natural, optimal sleep patterns for day and night. Using these methods, parents can guide their children...



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Reviews

This publication is definitely not effortless to get started on studying but extremely enjoyable to see. I was able to comprehend almost everything using this created e pdf. I am pleased to let you know that here is the finest publication i have go through in my very own lifestyle and could be he very best pdf for ever.

-- **Prof. Juliana Langosh DVM**

A high quality book as well as the font applied was exciting to read through. This can be for all those who statte there was not a well worth looking at. I discovered this ebook from my i and dad recommended this ebook to find out.

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