



The Effective Baby Sleep Training: Gentle, Non "Cry It Out" & Breastfeeding-Friendly Methods to Match Your Baby's Personality (Revised Edition)

Julia Jones

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Do you want your baby to sleep well so that you can get your much needed sleep back?

Some of you may have stumbled upon a parenting book or two that advocates "tough love" or leaving your precious ones crying until they fall asleep out of exhaustion. But *The Effective Baby Sleep Training (New, Revised Edition)* will show you how to be firm while maintaining a loving relationship with your tiny tot. You will learn the secrets that will help you take charge of night time sleep and naptimes

Since every baby and every parent are different, this book will teach you how to formulate a strategy that will best fit you and your baby's need. Here you will find tactics and time tested approaches to sending your little bundle of joy to slumber land whether your baby suffers from stress, illness, discomfort or hyperactive personality. These tips will turn nightmares to sweet dreams both for you and your baby sake.

In addition, you will also discover:

- Stages of sleep, find out what happens to your baby when she is sleeping
- How much sleep, including naps, your baby actually needs.
- Prematurity and its unique sleep problems
- The Secret Formula of getting your baby to fall asleep easily
- And many more...

As many parents will agree, healthy and happy baby = happy parents. Grab the book now to get started immediately!

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