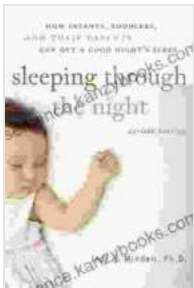


How Infants, Toddlers, and Parents Can Get a Good Night's Sleep

As a parent of an infant or toddler, you know that getting a good night's sleep is essential for your child's health and development. But what do you do when your child is struggling to fall asleep or stay asleep? This book provides practical advice and support for parents of infants and toddlers who are struggling with sleep problems.



Sleeping Through the Night, Revised Edition: How Infants, Toddlers, and Parents can get a Good Night's sleep by Jodi A. Mindell

★★★★☆ 4.3 out of 5

Language : English
File size : 1291 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 372 pages



What's Inside This Book?

- How to establish a regular sleep schedule
- How to create a relaxing bedtime routine
- How to deal with common sleep problems, such as night waking, early rising, and bedtime resistance

- How to get your child back on track after a sleep regression
- How to create a sleep-friendly environment
- How to get the support you need as a parent

Why You Need This Book

If you are a parent of an infant or toddler who is struggling with sleep problems, this book is for you. This book will provide you with the tools and information you need to help your child get a good night's sleep. With this book, you will be able to:

- Establish a regular sleep schedule for your child
- Create a relaxing bedtime routine that will help your child fall asleep easily
- Deal with common sleep problems, such as night waking, early rising, and bedtime resistance
- Get your child back on track after a sleep regression
- Create a sleep-friendly environment for your child
- Get the support you need as a parent

Testimonials

"This book is a lifesaver! My toddler was waking up multiple times a night, and I was exhausted. I tried everything I could think of, but nothing worked. I was about to give up when I found this book. I started implementing the tips in the book, and within a week, my toddler was sleeping through the night. I am so grateful for this book!"

- Sarah

"I wish I had this book when my baby was an infant. I struggled with sleep problems for months, and I was so frustrated. This book would have saved me a lot of time and heartache."

- Emily

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