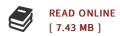# The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep - Newborn to School Age (New edition)

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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