



The Sleepy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep - from Birth to 5

By Jennifer Waldburger, Jill Spivack

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Sleepy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep - from Birth to 5, Jennifer Waldburger, Jill Spivack, Is your child a night owl or a nap resister? Help has arrived with "The Sleepy Solution!" Jill Spivack and Jennifer Waldburger have earned their reputation as two of America's leading experts on children and sleep because they give parents the key ingredients for success - a customised sleep plan, clear step-by-step instructions and plenty of emotional support. Their 'least-cry' approach ensures that healthy sleep habits are established quickly without any guessing and without any guilt. Teach your child to sleep through the night and take regular naps. Say goodbye to early morning waking. End bedtime battles. Find easy solutions to common problems such as teething, illness, travelling and managing multiple siblings.



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