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



Synopsis

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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Customer Reviews

I was looking for a book to help my friend who has a 2 months old baby. The baby has problem sleeping at night and seems to be a light sleeper. She would cry for attention once she woke up. This book shows the various difficulty of taking care of a baby and also the various stages as the baby grows. Most importantly, this book also has simple solution for those problems. With the simple instruction, it is relatively easy to understand and follow. My friend will be so happy to receive this book from me. Thank you!! Great book~~

I became desperate for sleep and so I was looking for different books on how to sleep train my son. He was about 5 weeks at the time. I read this book on my kindle in less than 1 hr, and it was honestly not helpful at all. The information it listed was stuff I had already read on blogs and pinterest. Save the money and get a real book like Baby Wise (which actually worked for us on my now 10 week old) or Baby whisperer.

This is a must read book if you do not wish to miss the opportunity and wonderful moments with your baby during the early stages of growth. It is especially true that baby has an astonishing "radar" to sense the tense and sensitive words when adult speaks. With proper guidance, it really helps to foster a good relationship between the baby and the parent for sure.

I'm so glad I found this book. It's not just overflowing with clever ideas to help the baby sleep but hey, wait a minute, it respects the infant as an individual. It had me smiling the whole time I was reading it. The Effective Baby Sleep Training: Gentle, No "Tough Love" & Breastfeeding Friendly Methods to Match Your Baby's Personality It's a must have with any baby!

This is a great book for parents who want to train their young babies to sleep. It teaches you to solve your baby's sleeping problem without the harsh "crying it out" method. Also it shows you lots of useful tips and tricks for your baby sleepy time. I would recommend this book to my family and any of my friends who share the same problem.

This is really broad based information that doesn't really fit a wide range of babies. My child goes to bed at 7PM - the suggested schedule in this book says 9PM! That would not fly with the little darling I am trying to force out of a wake every 1.5 hour habit.

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