



The Dream Sleeper: A Three-Part Plan for Getting Your Baby to Love Sleep

Conner Herman, Kira Ryan

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Dream Team's new way to a good night's sleep for babies and parents

With a simple and easy-to-follow plan for today's fast-moving (and often sleep-deprived) parents, this book offers a new, modern approach to teaching babies how to sleep independently. The authors' proven methods, prepared with a team of esteemed pediatric advisors, show anyone how to coach their baby to sleep through the night on his or her own. The importance of preparation, consistency, and patience is explained in a down-to-earth style.

- A primer on the science of sleep
- Instructions for setting up the sleeping environment and creating sleeping and eating schedules
- Advice on identifying sleep associations and creating a support system
- Checklists and strategies to implement the three-part plan

With respect for many styles of parenting, this step-by-step program includes methods for helping baby get a good night's sleep.

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From reader reviews:

Robert Mayo:

The Dream Sleeper: A Three-Part Plan for Getting Your Baby to Love Sleep can be one of your basic books that are good idea. Many of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to set every word into enjoyment arrangement in writing The Dream Sleeper: A Three-Part Plan for Getting Your Baby to Love Sleep although doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource details that maybe you can be among it. This great information may drawn you into new stage of crucial imagining.

Ralph Sanchez:

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