

The Cheshire Baby Whisperer Ultimate sleep guide for babies & toddlers: Multi-Sensory Sleep Techniques and Sleep Routines perfect from birth to five years - simple & innovative

By Evelyn Burdon



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Second addition Nov 2015 has new updated information. Multi-Sensory approach to sleep includes new sleep advice for Co sleeping breast fed babies, day time naps for babies 4-12 months and how to solve toddler bedtime problems. Are you sleep deprived and exhausted? Is your baby waking three to four times a night? Are you at the end of your tether? Do you want to take control of your baby's sleep problem. Help is at hand! Being a new parent is exhausting and many parents experience a sleep problem in the first two years of their baby's life. Most parents appreciate help with a baby/toddler sleep problem and my approach to sleep is not only baby-led but also parent empowering. My Multi-Sensory Approach to sleep is based on: Child development Scientific sleep research Sensory sleep associations Common sense " After going almost insane with lack of sleep for a whole year, I do believe we have a sleep, an actual 7pm-7am sleeper. Yep SLEEP, real Sleep. I could weep with joy. I feel like a normal human being. Evelyn, you are a total genius!" Anne Scott



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Sales Rank: #5142909 in Books
Published on: 2014-07-17
Original language: English

• Dimensions: 7.81" h x .66" w x 5.06" l,

• Binding: Paperback

• 292 pages

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