

How to Get Your Child to Go to Sleep and Stay Asleep - A Practical Guide for Parents to Sleep Train Young Children



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Reviews

*This publication will never be straightforward to get going on looking at but really fun to see. This can be for all those who statte that there had not been a worth looking at. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about should you request me).
(Cale Hansen Sr.)*

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FriesenPress. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Dr. Wirth provides parents and practitioners with an easy to use, step-by-step guide, on how to do sleep training with young children. This manual includes the procedures that are proven most effective to decrease bedtime and night waking problems. Each section on the various sleep strategies provide a how-to plan for each sleep procedure, pros and cons of using each procedure, what to expect from children with each procedure, and frequently asked questions. Also, the manual teaches readers how to measure childrens sleep habits and determine how well the chosen sleep strategy is working. Datasheets and quick reference guide flowcharts are provided as templates for readers to use easily. Throughout the manual Dr. Wirth addresses common problems with anecdotes and examples from her own life as a parent utilizing the strategies in the manual, as well as her clinical work. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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