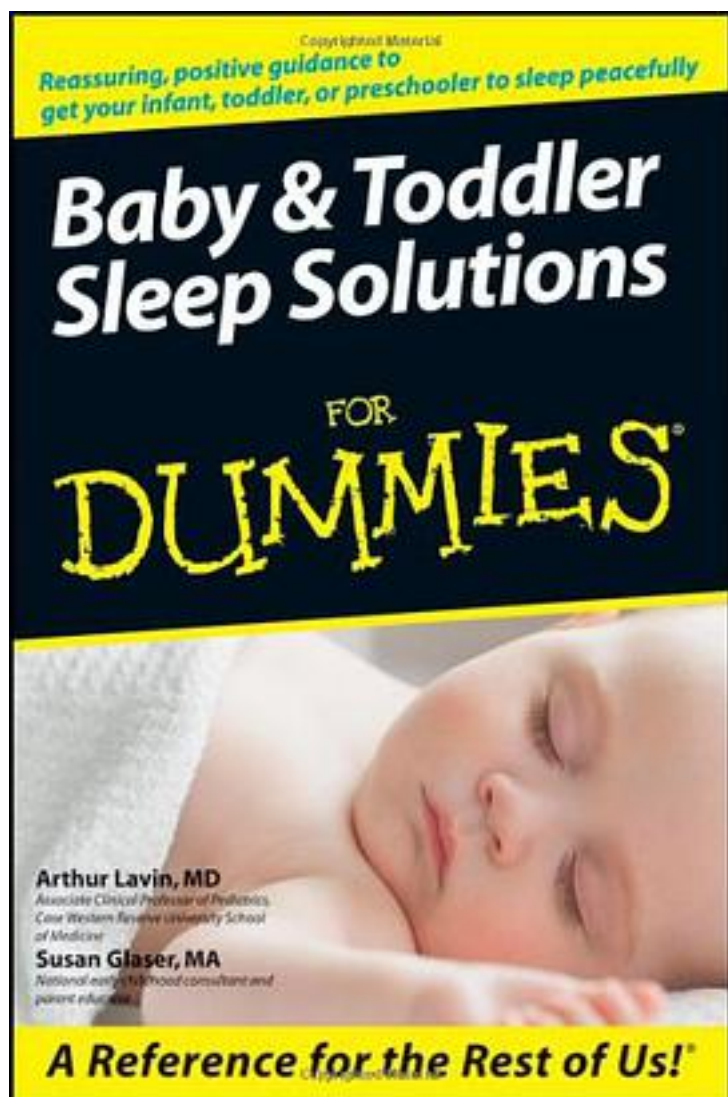


# Baby and Toddler Sleep Solutions For Dummies



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Understand the sleep effects of life changes, prematurity, and health issues

Find your way to your family's best sleep solutions!

Do you wonder whether you'll ever sleep through the night again? Relax! This reassuring guide provides the essential information you need to help your kids to go to sleep -- and stay asleep -- all night long, whatever their age or stage of development. So cheer up -- a good night's sleep is just pages away! \* Foster healthy sleep patterns for life

- \* Tailor your approach to your child's personality
- \* Establish bedtime rules in a nurturing way
- \* Handle snoring, night terrors, bedwetting, and other distressing issues

作者介绍:

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