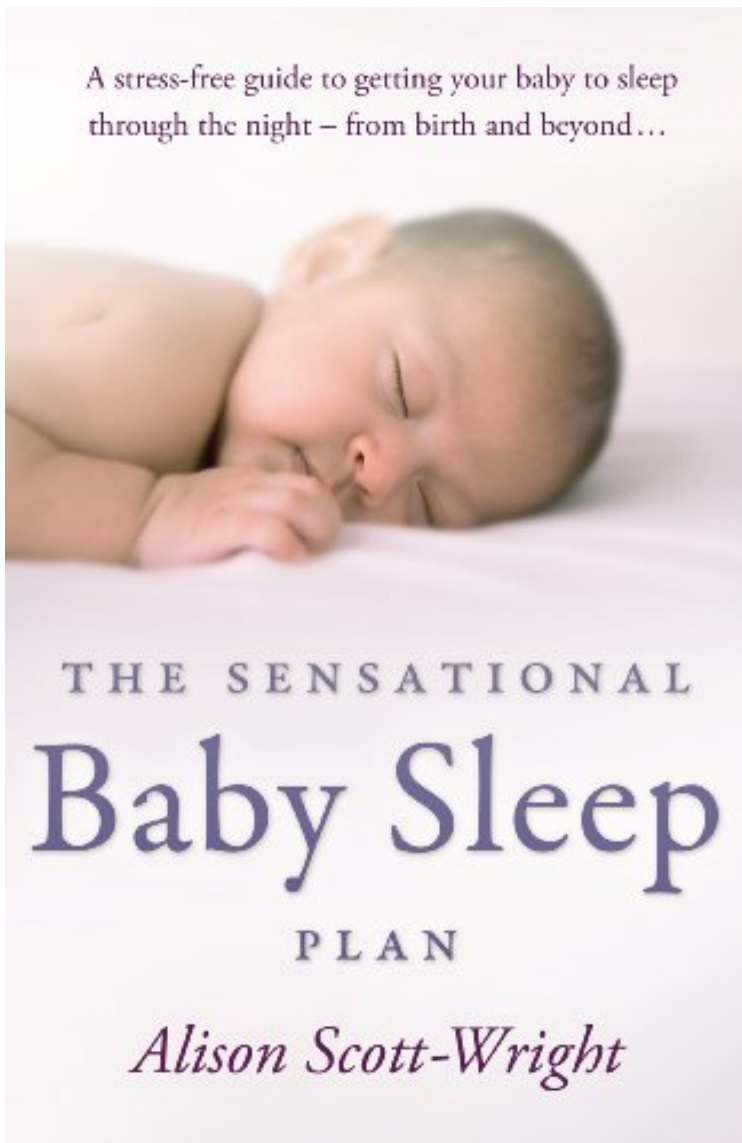


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The Sensational Baby Sleep Plan



Par Alison Scott-Wright
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Description :

Prsentation de l'diteurSleep is something all new parents want, both for themselves and their newborn babies. Now, with The Sensational Baby Sleep Plan baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds! The Sensational Baby Sleep Plan gives parents:* Realistic, easy to follow advice and guidance* Sensible feeding plans that can be tailored to suit the individual* Simple explanations of how to interpret different cries* Useful tips to to encourage belief and trust in their parental instincts* Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary

related colic.* Happy babies that sleep through the night and have structured naps from around 2 months.Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, The Sensational Baby Sleep Plan is a step-by-step, must-have manual for stress-free parenting.Revue de presse"Sleep guru Alison Scott-Wright changed my life and rescued my sanity! ... I will buy [the book] for all pregnant friends so they get it right from the start, unlike me!" (Parent on MumsNet)Prsentation de l'diteurSleep is something all new parents want, both for themselves and their newborn babies. Now, with The Sensational Baby Sleep Plan baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds! The Sensational Baby Sleep Plan gives parents:* Realistic, easy to follow advice and guidance* Sensible feeding plans that can be tailored to suit the individual* Simple explanations of how to interpret different cries* Useful tips to to encourage belief and trust in their parental instincts* Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic.* Happy babies that sleep through the night and have structured naps from around 2 months.Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, The Sensational Baby Sleep Plan is a step-by-step, must-have manual for stress-free parenting.