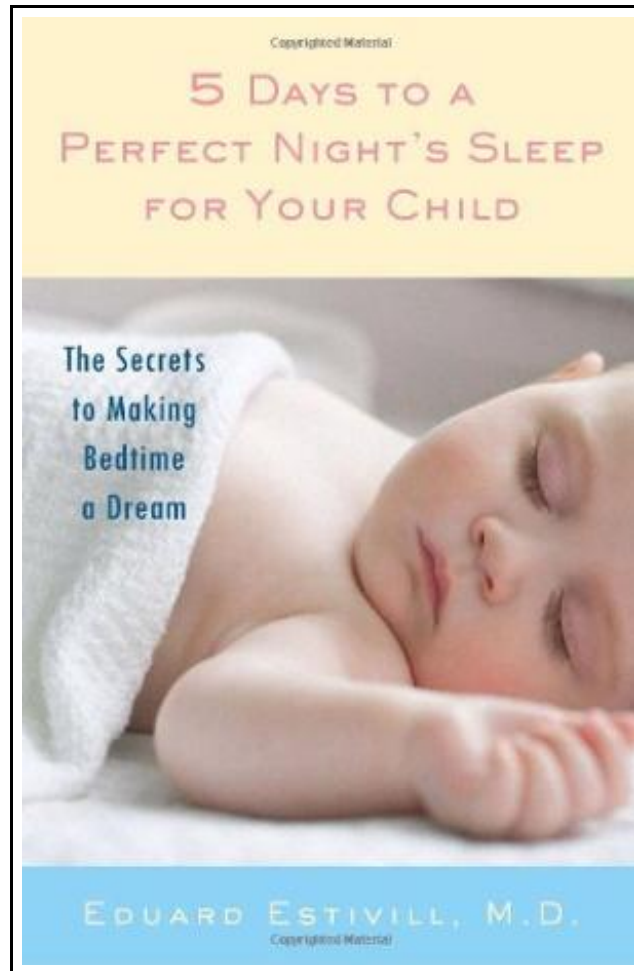


5 Days to a Perfect Night's Sleep for Your Child: The Secrets to Making Bedtime a Dream



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(Roosevelt Rohan)

5 DAYS TO A PERFECT NIGHT S SLEEP FOR YOUR CHILD: THE SECRETS TO MAKING BEDTIME A DREAM



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Random House USA Inc, United States, 2008. Paperback. Book Condition: New. Revised. 201 x 132 mm. Language: English . Brand New Book. An international phenomenon now available in America for the first time, this quick, no-nonsense guide is all you need to get your child to sleep through the night (pillow not included). These days, most books on improving your child s sleep take either a tough-love approach (ignore crying) or a soothing strategy (offer continuous comfort). But now an internationally renowned sleep expert provides a middle-ground method that will have your child sleeping through the night at any age. Dr. Eduard Estivill s no-fail technique focuses on a mixture of authority, ritual, and reward. Parents can end negative cycles of resistance and wakefulness and feel as rested as their child will by following these expert tips: Adopt a firm and confident attitude (your child will pick up on your mood). Use meals as a cue to announce your child s next nap or nighttime sleep. Incorporate appropriate elements (such as a stuffed animal or a pacifier) at bedtime so your child will not rely on you as a vital part of the sleep process. Reinforce the contrast between light (day) and dark (night). Never punish children by making them go to bed (it sends the wrong message about sleep time). Learn what to say before and after the light is turned off. Complete with special techniques to use with newborns, plus an invaluable question-and-answer section that addresses specific concerns (children sleeping in their parents bed, how divorced parents can work together, special-needs children), this sanity-saving guide promises sweet dreams for all.

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