The Complete Idiot's Guide to Sleep Training Your Child

Jennifer Lawler, Ph.D., Melissa Burnham

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Putting every child's sleep difficulties to bed for good.

Since all children are different, even experienced parents may encounter problems with a new baby or young child who has trouble sleeping. In this guide, you will discover how to deal with your baby's changing sleep schedule, health issues that can affect a baby's sleep, what to do about different types of crying, and more. * Includes advice for babies, toddlers, and beyond-all in a 2-color interior

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