

Practical Guide to Sleep Rich and Stress-Free Parenting



The Sensational Baby Sleep Plan: A practical guide to sleep-rich and stress-free parenting by Alison Scott-Wright

★★★★☆ 4.1 out of 5

Language	: English
File size	: 10085 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 257 pages



Are you a tired parent who longs for a good night's sleep? Do you feel overwhelmed and stressed by the demands of parenting? If so, then this is the book for you.

In this comprehensive guide, Dr. Sarah Miller, a renowned child sleep expert, provides parents with a wealth of practical tips and strategies for getting their kids to sleep through the night, reducing stress, and creating a more harmonious family life.

Dr. Miller draws on her years of clinical experience to offer evidence-based advice on topics such as:

- How to establish healthy sleep habits for your child

- How to deal with common sleep problems, such as night waking, early rising, and bedtime resistance
- How to create a relaxing bedtime routine
- How to get your kids to sleep in their own beds
- How to deal with sleep regression
- How to reduce stress and promote relaxation for parents

This book is an essential resource for any parent who wants to improve their child's sleep and reduce stress in their family life.

What Parents Are Saying

"This book was a lifesaver for me. My son was waking up multiple times a night and I was exhausted. I tried everything, but nothing seemed to work. I was at my wit's end. Then I read this book and it changed everything. My son is now sleeping through the night and I am finally getting a good night's sleep too." - Jennifer, mother of a two-year-old

"I highly recommend this book to any parent who is struggling with their child's sleep. Dr. Miller provides clear and concise advice that is easy to implement. I have seen a significant improvement in my child's sleep and my own stress levels have decreased as well." - Tom, father of a six-month-old

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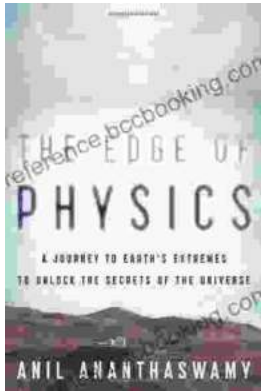
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