



Baby Sleep: How I Cracked the Code and Solved My Child's Sleeping Problems (Illustrated With Stick Figures)

Susan Fischer

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Do you have a problem sleeper in the family? I sure did. Every night, I had to deal with an angry, stubborn, irritable, tear-stained child. My child's trouble with falling asleep was wreaking havoc on my entire family - and my sanity - until I cracked the code.

This trusted guide offers family-friendly advice on general sleep tips, how to create a sleep friendly environment and instilling good sleep patterns in your children. The strategies are painless, practical, easy to follow and, most importantly, gentle on your children. No longer will you fear and dread putting your child to bed with this empowering life-saver!

My guide comes with illustrations to walk you through how to resolve different scenarios - from temper tantrums to fear of the dark. They've all been tested on my own child and have been a true life saver. Now, my entire family can sleep in peace, night after night.

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