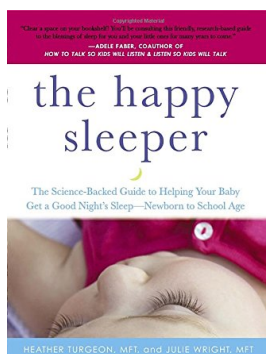


[PDF] The Happy Sleeper: The Science-Backed Guide To Helping Your Baby Get A Good Night's Sleep-Newborn T O School Age

Heather Turgeon MFT, Julie Wright MFT - pdf download free book



Books Details:

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Description:

Many parents feel pressured to “train” babies and young children to sleep but kids don’t need to be

trained to sleep, they're built to sleep. Sleep issues arise when parents (with the best of intentions) over-help or "helicopter parent" at night—overshadowing their baby's innate biological ability to sleep well. In **The Happy Sleeper** child sleep experts Heather Turgeon and Julie Wright show parents how to be sensitive and nurturing, but also clear and structured so that babies and young children develop the self-soothing skills they need to

- Fall asleep independently
- Sleep through the night
- Take healthy naps
- Grow into natural, optimal sleep patterns for day and night

The Happy Sleeper is a research-based guide to helping children do what comes naturally—sleep through the night.

The Happy Sleeper features a foreword by neuropsychiatrist and popular parenting expert **Dr. Daniel Siegel**, author of **Parenting from the Inside Out** and the *New York Times* bestseller **Brainstorm**.

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