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~~COSLEEPING TO CRIB WHY WE
QUIT SLEEP TRAINING // 3 DAY
SLEEP SOLUTION + EXTINCTION~~

~~What Is The Most Psychologically
Damaging Thing You Can Say To A Child~~

What every new parent should know:
Diana Eidelman at TEDxBGU No-Cry
(No Tears) Sleep Training Method for

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~~Babies~~ - Everything You Need to Know
How To Deal With A Stubborn Child: 5
Positive Parenting Tips ~~Baby Tips for a~~
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6 Month Old: 5 Essential Steps *How to*
raise successful kids -- without over-
parenting | Julie Lythcott-Haims
LoveParenting: Stop reading parenting

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books? - Busting the 3 Myths of Parenting Education Curriculum Comparison || Kindergarten Reading Curriculum || Teach Your Child to Read ... **The No Cry Parenting Guide**

Have the Terrible Twos become the Terrifying Threes, Fearsome Fours, Frightening Fives, and beyond? Elizabeth

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Pantley, creator of the No-Cry revolution, gives you advice for raising well-behaved children, from ages 2 through 8. In *The No-Cry Discipline Solution*, parenting expert Elizabeth Pantley shows you how to deal with your child's behavior. Written with warmth but based in practicality, Elizabeth shows you how to deal with childhood's

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most common behavioral problems:

The No-Cry Discipline Solution: Gentle Ways to Encourage ...

Parenting educator and mother of four, Elizabeth Pantley is the author of twelve popular parenting books, including the best-selling No-Cry Solution series, and

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the international bestseller, *The No-Cry Sleep Solution*. Her books, on topics such as sleep, discipline, picky eating, separation anxiety and potty-training have been read by well over two million people in English, and have been translated into 27 different languages.

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Elizabeth Pantley | No Cry Solution: Parenting Advice ...

Have the Terrible Twos become the Terrifying Threes, Fearsome Fours, Frightening Fives, and beyond? Elizabeth Pantley, creator of the No-Cry revolution, gives you advice for raising well-behaved children, from ages 2 through 8. In The No-

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Cry Discipline Solution, parenting expert Elizabeth Pantley shows you how to deal with your child's behavior. Written with warmth but based in practicality, Elizabeth shows you how to deal with childhood's most common behavioral problems:

Amazon.com: The No-Cry Discipline

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Solution: Gentle Ways to ...

ened by the slightest noise. No matter what kind of sleeper your child is, white noise or soft music can be helpful in three ways. First, the gentle sound can be effective at soothing a child to sleep. Second, it can filter out noises that jar her awake – sounds from siblings,

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dishes clinking, television, or a dog barking. Third,

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The Parents Guide items below may give away important plot points. Sex & Nudity. Satoko can be seen naked, but nothing graphic. Edit . In the past, a boy is said to

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have been somewhat sexually abusive. He now appears remorseful of his actions.

Edit . Add an item . Violence & Gore ...

Parents Guide - IMDb

The book is *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*, by author and parent

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educator Elizabeth Pantley. She wrote it after the birth of her fourth child, who routinely woke to nurse no fewer than eight times a night. “You get to a point where if you don’t have sleep, nothing else matters,” Pantley says.

No-cry sleep training - Today's Parent

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Tested by hundreds of families worldwide and in every childrearing situation: working families, single & stay-at-home parents, twins and multiples, and children of varying age and temperament, No-Cry Discipline offers thought-provoking advice on the role of parents, ways they can better understand their children, and

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Practical, achievable information that can make life easier.

The No-Cry Discipline Solution - Elizabeth Pantley - The ...

The No-Cry Parenting Guide The No-Cry Discipline Solution: Gentle Ways to Encourage Good Behavior Without

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Whining, Tantrums, and Tears: Foreword by Tim Seldin. Unlike most parenting books (or most self-help books, for that matter), this book gives concrete, practical how-to advice. The advice makes sense, is illustrated by real-world examples,...

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Download Free The No Cry Parenting Guide Pantley of the No-Cry revolution, gives you advice for raising well-behaved children, from ages 2 through 8. In The No-Cry Discipline Solution, parenting expert Elizabeth Pantley shows you how to deal with your child's behavior. Written with warmth but based in

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Elizabeth Pantley, creator of the No-Cry revolution, gives you advice for raising well-behaved children, from ages 2

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through 8. In *The No-Cry Discipline Solution*, parenting expert Elizabeth Pantley shows you how to. Winner of the Disney's iParenting Media Award for Best Product. Have the Terrible Twos become the Terrifying Threes, Fearsome Fours, Frightening Fives, and beyond?

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The No-Cry Discipline Solution: Gentle Ways to Encourage ...

No Cry Sleep Training (Method That Works) This No Cry Sleep Training is a tried and true method that I successfully used to teach my infant daughter to fall asleep independently. This sleep solution is based on my own experience and on

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numerous baby sleep books that I've read. My detailed and gentle step-by-step approach will help you reclaim a much needed rest and your baby learn to self-sooth without crying it out.

No Cry Sleep Training (Method That Works) - Lavender ...

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Cry-Baby (1990) Parents Guide Add to guide . Showing all 13 items Jump to: Certification; Sex & Nudity (5) Violence & Gore (3) Profanity (1) Alcohol, Drugs & Smoking (3) Frightening & Intense Scenes (1) Certification. Edit. ...

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Elizabeth Pantley has redefined stress-free parenting with her classic books The No-Cry Sleep Solution and The No-Cry Sleep Solution for Toddlers and Preschoolers.

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She is the president of Better Beginnings, a parent-education company, and the author of seven books for parents that are available in eighteen languages. Visit her at www.pantley.com.

**The No-Cry Potty Training Solution:
Gentle Ways to Help ...**

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h2opalermo.it

The No Cry Sleep Solution contains proven steps and strategies on how to get your little ones to sleep soundly through the night. The book also includes why your baby or toddler cries, how to soothe a crying baby or toddler, and helpful tips on effective parenting. The tips included in

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this book are tried and tested formulas.

The No Cry Sleep Solution: The Complete Sleep Solution ...

Elizabeth Pantley, creator of the No-Cry revolution, gives you advice for raising well-behaved children, from ages 2 through 8 In *The No-Cry Discipline*

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Solution, parenting expert Elizabeth Pantley shows you how to deal with your child's behavior. Written with warmth but based in practicality, Elizabeth shows you how to deal with childhood's most common behavioral problems: Tantrums Sleep issues Backtalk Hitting, Kicking and Hair Pulling Sibling fights Swearing

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Dawdling Public misbehavior ...

Elizabeth Pantley's breakthrough approach
for a good night's sleep with no tears,
enhanced with videos of the author
answering parents' most asked questions!

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This enhanced eBook includes 14 exclusive videos by the author "At long last, I've found a book that I can hand to weary parents with the confidence that they can learn to help their baby sleep through the night--without the baby crying it out." --William Sears, M.D., Author of The Baby Book "When I followed the

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steps in this book, it only took a few nights to see a HUGE improvement. Now every night I'm getting more sleep than I've gotten in years! The best part is, there has been NO crying!" --Becky, mother of 13-month-old Melissa There are two schools of thought for encouraging babies to sleep through the night: the hotly

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debated Ferber technique of letting the baby "cry it out," or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. If you don't believe in letting your baby cry it out, but desperately want to sleep, there is now a third option, presented in Elizabeth Pantley's sanity-saving book *The No-Cry*

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Sleep Solution. Elizabeth's successful solution has been tested and proven effective by scores of mothers and their babies from across the United States, Canada, and Europe. And now in response to weary parents asking for a little more guidance, Elizabeth has created fourteen brand-new videos exclusive to this

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enhanced ebook. Each of these three- to four-minute videos appears at the end of their specific chapter, summarizing what you have learned for quick recall or for those desperate moments when you've run out of ideas and need advice ASAP! Elizabeth gives you words of wisdom, tricks and tips, and soothing mantras, all

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that will help you get your baby sleeping.

Tips from The No-Cry Sleep Solution:

Uncover the stumbling blocks that prevent baby from sleeping through the night

Determine--and work with--baby's

biological sleep rhythms Create a

customized, step-by-step plan to get baby

to sleep through the night Use the

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Persistent Gentle Removal System to teach baby to fall asleep without breastfeeding, bottlefeeding, or using a pacifier. The No-Cry Sleep Solution offers clearly explained, step-by-step ideas that steer your little ones toward a good night's sleep--all with no crying.

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Guaranteed to help parents reclaim sweet dreams for their entire family New from the bestselling author of the classic baby sleep guide! Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. Written to help sleep-deprived parents of

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children ages one to five, *The No-Cry Sleep Solution for Toddlers and Preschoolers* offers loving solutions to help this active age-group get the rest they--and their parents--so desperately need. A follow-up to Elizabeth Pantley's megahit *The No-Cry Sleep Solution*, this breakthrough guide is written in Pantley's

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trademark gentle, child-centered style. Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures. The No-Cry Sleep Solution for Toddlers and Preschoolers tackles many common

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nighttime obstacles, including: Refusals to go to bed Night waking and early rising Reluctance to move out of the crib and into a big-kid bed Nighttime visits to the parents' bed Naptime problems Nightmares, "night terrors," and fears Special sleep issues of twins, special needs children, and adopted children

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Sleepwalking, sleep talking, snoring, and
tooth grinding

The classic, best-selling no-tears guide to making sure your baby—and you—get a full night's sleep has been updated – it is now easier to use and has been expanded to include more solutions plus critical new

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safety information. Nearly all babies fight sleep. Some people argue that parents should let their baby “cry it out” until the child falls asleep; others say parents should tough it out from dusk until dawn. Neither tactic fosters happiness in the family. The No-Cry Sleep Solution gives parents a third option: a proven method to

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Pin-point the root of sleep problems and solve them in a way that is gentle to babies, effective for parents, and provides peace in the home. One of today's leading experts on children's sleep, Elizabeth Pantley delivers clear, step-by-step ideas for guiding your child to a good night's sleep—without any crying. This parenting

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Classic shows how to decipher—and work with—your baby's biological sleep rhythms, create a customized plan for getting your child to sleep through the night, nap well during the day, and teach your baby to fall asleep peacefully, and stay asleep, without all-night breastfeeding, bottle-feeding, or requiring a parent's care all through the

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Right. And now, this updated edition is even easier to follow. It provides important new guidelines on safety (bedsharing, pacifiers, swings, slings, swaddling and more), and an expanded chapter specifically about newborns. It covers every sleep issue that occurs in the first few years and answers parents'

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Common questions about white noise, back-sleeping, SIDS, day care, naps, nightwaking, bedsharing, dealing with strong-willed babies, working with caregivers, troubleshooting sleep issues, and more!

“Elizabeth Pantley spins her baby magic!

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She towers above her competitors by showing us what babies really need, and how best to give it to them. ” James J. McKenna, PhD, Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame You have a newborn, so sleep is impossible, right? Wrong! In the womb, babies sleep up to twenty hours per

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day. Clearly newborns don't need to be "trained" how to sleep – they know how, and they've had plenty of practice. So why do most parents have trouble getting their newborns to sleep? Elizabeth Pantley, a world-renowned expert on children's sleep, created this guide to explain the ways we unintentionally

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prevent an infant's natural sleep to occur, and to teach us the simple but powerful ways to maximize our newborn's naps and nighttime sleep. Once you've learned the 15 Keys to Amazing Newborn Sleep you'll easily make adjustments to how you treat your baby's sleep. You don't have to keep logs nor follow schedules or

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rules. Just by being aware of this information you will do things to improve sleep that you wouldn't have known to do otherwise. With The No-Cry Sleep Solution for Newborns, you will learn: ? the things that trick us into disrupting a baby's sleep ? how to identify the perfect moment for a nap ? ways to create a sleep-

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inducing environment ? tips to reduce the number of night wakings ? how to set the stage for great sleep throughout babyhood

The No-Cry Sleep Solution for Newborns was field-tested by 122 test families with newborns. Their input refined the ideas to make them easy to understand and follow – by even the most sleep-deprived parent.

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When you apply these Keys you can help your baby sleep well and peacefully. And guess what? When your baby sleeps – you will, too!

Winner of the Disney's iParenting Media Award for Best Product Have the Terrible Twos become the Terrifying Threes,

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Pantley Fearsome Fours, Frightening Fives, and beyond? Elizabeth Pantley, creator of the No-Cry revolution, gives you advice for raising well-behaved children, from ages 2 through 8 In *The No-Cry Discipline Solution*, parenting expert Elizabeth Pantley shows you how to deal with your child's behavior. Written with warmth but

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based in practicality, Elizabeth shows you how to deal with childhood's most common behavioral problems: Tantrums Sleep issues Backtalk Hitting, Kicking and Hair Pulling Sibling fights Swearing Dawdling Public misbehavior Whining ... and more! "Pantley applies succinct solutions to dozens of everyday-problem

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scenarios--from backtalk to dawdling to lying to sharing to screaming--as guides for readers to fashion their own responses. Pantley is a loving realist who has managed, *mirabile dictu*, to give disciplinarianism a good, warm name."
--Kirkus "While many books on discipline theory are interesting and enlightening,

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parents often struggle finding a way to apply the theories. Pantley's advice is practical and specific. If ever trapped on a desert island with a bunch of kids, this is among the most useful books you could bring along." --Tera Schreiber, Mom Writer's Literary Magazine

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Get your baby and toddlers to sleep through the night NOW using only gentle but yet effective methods A perfect book for any parent who is dealing with sleepless babies and toddlers Are you overtired because your little one won't sleep through the night? Is your baby colic? Don't you wish you could sleep the

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way you did BEFORE kids? Get the sleep you deserve tonight! Learn gentle and effective methods today and get the sleep you need! For parents, raising a baby is a very rewarding experience. Nothing compares seeing your baby smile at you, or listen to him say, "Mommy". Ah, the joys of parenthood. Although having a

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babies brings you joy, it is also a very daunting experience. Some parents struggle putting their baby or child to sleep. If you are one of those few parents who keep losing sleep because of their babies unpredictable sleeping patterns, don't worry. This book is written especially for you. The solution to you

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Problem is within this book. Yes, there are gentle and effective ways to put your baby to sleep every single night. After reading and applying the tips provided in this book, you can now say goodbye to sleepless nights. The No Cry Sleep Solution contains proven steps and strategies on how to get your little ones to

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sleep soundly through the night. The book also includes why your baby or toddler cries, how to soothe a crying baby or toddler, and helpful tips on effective parenting. The tips included in this book are tried and tested formulas. Parents who applied these solutions have now significantly improved the quality of their

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sleep. Read on to find out how you can benefit from this book. Here is a quick preview of what is inside... Sleep Facts Why is your baby crying? Gentle Ways to Put your Baby to Sleep Gentle Ways to Put your Toddlers to Sleep Colic and How to remedy it The Art of Napping 4 Steps to Helping your Baby Sleep Soundly

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Common Sleep Questions And much more! Get the sleep you deserve tonight!

Aren't babies precious? So is sleep. Your baby is capable of sleeping through the night and this book will show you how. A whip smart and entertaining guide that focuses on WHY babies sleep the way

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they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including:

- > Navigating the tricky newborn phase like a pro
- > Getting your child to truly sleep through the night

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➤ Weaning off the all-night buffet > Mastering the precarious tango that is healthy napping > Solving toddler and preschooler sleep struggles Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of

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Research that will dramatically improve your child's sleep. You'll love the practical solutions and the way she presents them. And it works! Buy it now.

Your baby sleeps in your bed, and you love it. Except for those nagging worries about safety. ("She's so small, I'm so

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big!") And what your relatives are saying. ("She'll never leave your bed!") And that little foot that always ends up on your face. Worry no more! Good Nights puts your concerns about the family bed to rest, with fun and easy-to-use guidance on safety, coping with criticism, and even keeping the spark in your marriage (albeit

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outside the bedroom). With warmth and humor, Dr. Jay Gordon, a nationally recognized pediatrician who has endorsed the family bed for decades, and Maria Goodavage, a former USA Today staff writer with training in sleep research, give you everything you'll need in order to thrive - and at times, simply survive - with

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the family bed. Good Nights provides a comprehensive look at: - **SCIENTIFIC RESEARCH** - Science is uncovering a wealth of advantages, including possible protection from SIDS, for babies who share their parents' bed. - **SURPRISING BENEFITS** - Parents of young babies get much more sleep with the family bed! And

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Little ones who spend time sleeping next to parents end up more independent (you read that right!) and closer to their parents than their cribbed peers. - SAFETY - The authors give simple-to-follow advice on how to make your family bed at least as safe as a crib. - SOUND SLEEP - Yes, it can be had. Good Nights lets you know

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how to overcome the obstacles. - SEX - Ditto. - SAYING GOOD-BYE - Your child really will leave your bed! Good Nights helps you help your child move on when the time is right. If you're among the record number of parents turning to the family bed, turn to Good Nights. It's a bedside companion you won't want to be

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Winner of Disney's iParenting Media Award for Best Product "Easy naptime solutions that really work--without any tears." Kathy Lynn, President, Parenting Today "Naps: Children need them. Parents want them. Here are the tools to make

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them happen.” Maureen A. Doolan Boyle, Executive Director, MOST (Mothers of Supertwins), Inc. Does your child: nap only in your arms, a sling, a swing, or the car? require elaborate rituals before sleeping? get fussy, act cranky, or have tantrums due to lack of sleep? take very short naps--or none at all? Naps are

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important to a child's mood, well-being, and development. The No-Cry Nap Solution offers you a proven formula to allow your baby, toddler, or preschooler to get daily restorative rest. You'll learn gentle, loving, tear-free techniques, developed by world-renowned parenting expert Elizabeth Pantley and tested by

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hundreds of families around the world, guaranteed to help you: Convince any child to nap every day Effortlessly settle your child for naptime in his or her own bed Turn short, fitful naps into long, peaceful ones Establish a nap schedule that works for you and your child Easily adapt nap routines to your child's

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Parenting needs Confidently deal with sudden changes, nap strikes, and travel

The Gentle Sleep Book offers gentle, reassuring and effective solutions to addressing the common sleep problems of newborns to five-year-olds. 'This book should be called The Sleep Bible and

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Needs to be in every parent's bedside drawer' Marneta Viegas, founder of Relax Kids Are you exhausted by your baby's night-time waking or frustrated by your toddler's reluctance to go to bed? Would you prefer a gentler approach than sleep-training techniques such as controlled crying or pick up/put down? The first five

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years of parenting are filled with worries and preoccupations, but, for the vast majority, none of them is as pressing as the lack of sleep. In this revised and updated edition of her bestselling book, Sarah Ockwell-Smith offers a gentle, effective prescription for addressing the common sleep challenges encountered by

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parents of newborns to five-year-olds.

Treading a carefully balanced line between the needs of sleep-deprived parents and those of the child, Sarah offers reliable, evidence-based advice including: *How long we can expect our children to sleep at each stage of development. *Why much of the popular advice on sleep is inaccurate

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and counterproductive. *How to approach common issues including frequent waking, night terrors and bedtime refusal. Sarah's practical suggestions for each developmental stage include how to create a consistent bedtime routine and optimal conditions for sleep, the effect of diet, and how to use comfort objects effectively.

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This revised and updated edition includes new chapters providing specific advice on daytime naps (when and how to drop them) and how to take care of your own needs and emotions during the early years of disrupted sleep, because your feelings and health matter too.

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