

[PDF] Healthy Sleep Habits, Happy Child

Marc Weissbluth - pdf download free book

Books Details:

Title: Healthy Sleep Habits, Happy C
Author: Marc Weissbluth
Released: 1987-06-12
Language:
Pages: 288
ISBN: 0449902242
ISBN13: 978-0449902240
ASIN: 0449902242



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Review "I love Dr. Weissbluth's philosophy that the most important thing to have is a well-rested family. And fortunately, thanks to this book, most days (and nights) we do!"

-from the Foreword by Cindy Crawford

From the Hardcover edition.

From the Publisher I read this book when my second child was born last fall. My first baby was a terrible sleeper, and I was determined not to go through that same nightly hell -- rocking, singing, walking, cuddling for hours only for her to wake up when I finally placed her in the crib. So, with my son, I decided to be prepared. And Dr. Weissbluth's methods were amazing. Who knew that babies would actually like to go to sleep early? By watching my son's moods, I learned that he really needed

more evening sleep, and two lengthy naps, one in mid-morning and another in early afternoon. Bedtime at 7:30 and he sleeps until 6:00 am! He's happy, energetic and bright. I'm truly convinced that if I had tried to go through the "crying to sleep" method again (my husband and I did attempt it with my first kid, but found it absolutely agonizing), we would have all had a miserable few months.

Now I know why the good doctor gets phone calls from all over the U.S. asking for advice. He is one of the leading pediatric sleep researchers in the country, and is frequently consulted by top parenting and child care magazines.

I'm so utterly devoted to this book, that I'm happy to announce Dr. Weissbluth will be updating the research in a new edition of HEALTHY SLEEP HABITS, HAPPY CHILD due out in 1999. Same life-changing concepts, but with additional testimonials from parents who've used this book so successfully in the past.

- Title: Healthy Sleep Habits, Happy Child
 - Author: Marc Weissbluth
 - Released: 1987-06-12
 - Language:
 - Pages: 288
 - ISBN: 0449902242
 - ISBN13: 978-0449902240
 - ASIN: 0449902242
-