


Andrea Grace s Gentle Sleep Solutions: A practical guide to solving your child s sleeping problems (Paperback)

By Andrea Grace

Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Does your baby have trouble sleeping? You re not alone. Designed specifically for the very many parents encountering the same issues as you, this practical, no-nonsense book gives you the insights, tools and strategies to help your baby get the rest they need - however difficult the challenge. Drawing on contemporary research and the latest clinical expertise to address the needs of babies at each stage of early development, this book will help you devise a sleep plan which will work for you and your child. It includes coverage of a variety of special needs, from colic to night terrors in older toddlers, and provides welcome support for other carers and family members, from babysitters and childminders to grandparents and siblings. Written by a qualified and registered health visitor, nurse and mental health nurse, and an independent sleep expert, this book will empower you to take control of your baby s sleeping, provide the best for your child, and improve your own mental wellbeing. Most importantly, your baby will get the sleep it needs to grow healthily and happily. ABOUT THE SERIES People...

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