

Sweet Dreams

by SKULA, ARNA

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Sleep is not an isolated part of a baby's life, instead it is intertwined with factors like nutrition, development and personality. This book delves into a baby's world and explores it through the lens of sleep. It presents ways to improve sleep habits, solve sleep problems and explains how parents should act in order to establish and maintain good sleep habits in their babies and small children. Using the book you'll be able to - correct your baby's sleep timings and rhythms, review and change your responses to your baby's night waking, teach your baby to fall asleep alone, day and night. Use the specially designed charts to see what's normal at any age.

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