



## The Sensational Baby Sleep Plan

By Alison Scott-Wright

Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, The Sensational Baby Sleep Plan, Alison Scott-Wright, Sleep is something all new parents want, both for themselves and their newborn babies. Now, with "The Sensational Baby Sleep Plan" baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds! "The Sensational Baby Sleep Plan" gives parents: realistic, easy to follow advice and guidance; sensible feeding plans that can be tailored to suit the individual; simple explanations of how to interpret different cries; useful tips to encourage belief and trust in their parental instincts; solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic; and, happy babies that sleep through the night and have structured naps from around 2 months. Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, "The Sensational Baby Sleep Plan" is a step-by-step, must-have manual...



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