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I know how frustrating and exhausting it can be when a child isn't sleeping well. This aspect of parenting can seem blurry and intimidating at times.

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### **Healthy Sleep Habits Happy Child Book Review**

Healthy Sleep Habits, Happy Child, by Dr. Marc Weissbluth (HSHHC) is hands down my favorite child sleep book. There are many others that offer great methods and programs, but none come close to flat out convincing a parent that doing, and sometimes sacrificing, whatever it takes to instill excellent sleep habits in a child is one of the most

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### **Healthy Sleep Habits Happy Child Prevent and Treat Sleep**

The information about new research updates our knowledge even since the fourth edition of Dr. Weissbluth s book, Healthy Sleep Habits, Happy Child was published in December 2015. Dr. Weissbluth says sleep deprivation is painful and sad .

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### **Healthy Sleep Habits Happy Child My Baby Sleep Guide**

I highly recommend Healthy Sleep Habits, Happy Child, by Marc Weissbluth. I love the importance this book places on sleep and that it backs this up with research unlike many of the other books out there.

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