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Weissbluth knows sleep and the importance of establishing healthy sleep habits from the get go: he has 30+ years experience as a pediatrician, teaches at Northwestern Medical School, and founded the Sleep Disorder Center at Chicago's Children's Memorial Hospital. His methods are humane, rational, and rooted in research and experience. And they WORK on real, fussy, irrational little people.

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Healthy Sleep Habits Happy Child by Marc Weissbluth

The child care classic is now totally revised and updated as Dr. Weissbluth, a leading researcher on sleep and children, promotes a revolutionary program to ensure healthy, happy sleep for a child--both at night and during equally important daytime naps.

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Get sleep survival tips in this Q&A with Healthy Sleep Habits, Happy Child author, doctor and preeminent sleep guru, Marc Weissbluth By The Mark News | Nov 30, 2011 As every parent of a newborn knows (or soon finds out), in the first year of a baby s life, one of the hardest things to deal with is sleep deprivation.

<http://ebookslibrary.club/Newborn-sleep-tips-from-Dr--Marc-Weissbluth-Today's-Parent.pdf>

Healthy Sleep in Children Sleep Hours Problems and More

SOURCES: Healthy Sleep Habits, Happy Child, A Step-By-Step Program for a Good Night's Sleep, Marc Weissbluth, MD, 1999. Solve Your Child's Sleep Problems, Richard Ferber, MD, 1985.

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Home Healthy Happy Sleep

Laura is a mother of 7 and earned her child sleep certification through the Family Sleep Institute. She received one-on-one instruction from family sleep pioneer and founder, Deborah Pedrick. Laura is qualified to work with children from newborns through age 5, as well as multiples and children with special needs.

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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 4th Edition A Step by

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Healthy Sleep Habits Happy Child 4th Edition A Step by

The book contains 3 things: the author's extensive experience, the research studies that back up his advice, and parents' stories about their own experiences.

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