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# Healthy Sleep Habits Happy Child Book Review

If there is one single sleep book I would recommend to a new, or even more seasoned, parent it would be this one. Ultimately, I think the book s highest value comes from chapters 5 and 6.

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# Healthy Sleep Habits Happy Child HSHHC Book Review My

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. It emphasizes the importance of having your child on a schedule around 4 months.

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

This is my book review of "Healthy Sleep Habits, Happy Child" by Marc Weissbluth M.D.

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#### Healthy Sleep Habits Happy Child Amazon co uk Marc

A pediatrician outlines his program to help parents ensure a good night's sleep for their children by working with their natural sleep cycles. About the Author. A pediatrician with thirty-two years of experience, Marc

Weissbluth, M.D., is also a leading researcher on sleep and children.

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#### **HEALTHY SLEEP HABITS HAPPY TWINS Dr Weissbluth**

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