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Healthy Sleep Habits Happy Child Marc Weissbluth MD

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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Home Healthy Happy Sleep

A Healthy Sleep Tank = A Happy Summer! By Laura Swartz Summer is quickly approaching and our kids will soon be getting fresh air, sunshine, and the freedom to work their wiggles out.

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HEALTHY SLEEP HABITS HAPPY TWINS Dr Weissbluth

Introduction Congratulations on your twins or multiples! Twins and multiples are more than double the fun: this is an exciting and magical time for your growing family.

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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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Healthy Sleep Habits Happy Child Our Review The Baby

Healthy Sleep Habits, Happy Child: The Cons. It s not all sunshine and roses, however; this book isn t for everyone. Here are the issues Nicole has with the book: Plain and simple this book is just too long for tired parents. I happened to read this before I had my oldest son (did that jinx me that I had the most challenging type of baby Weissbluth described? LOL). Otherwise, I can t imagine I would have been able to get through it.

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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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Healthy Sleep Habits Happy Child 4th Edition by Marc

About Healthy Sleep Habits, Happy Child, 4th Edition. One of the country s leading researchers updates his revolutionary approach to solving and preventing your children s sleep problems

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