

## **HEALTHY SLEEP HAPPY BABY**



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Your Fussy Baby Healthy Sleep Habits, Happy Child Weis\_9780345497796\_4p\_01\_r1.w.qxp 4/15/09 8:34 AM Page ii. No book can replace the diagnostic expertise and medical advice of a trusted physician. Please be certain to consult with your doctor before making any decisions that affect your health or the health of your children, particularly if you or they suffer from any medical condition or have

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### **Healthy Sleep Habits Happy Child the Cliff Notes The**

In these cases it is OK to occasionally put the baby down to sleep for the night at 5:30! \* Generally, bedtime should be between 7 and 8, maybe even a little earlier. \* Night time sleep should easily be 12 hours.

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### **Newborn sleep tips from Dr Marc Weissbluth Today's Parent**

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.

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