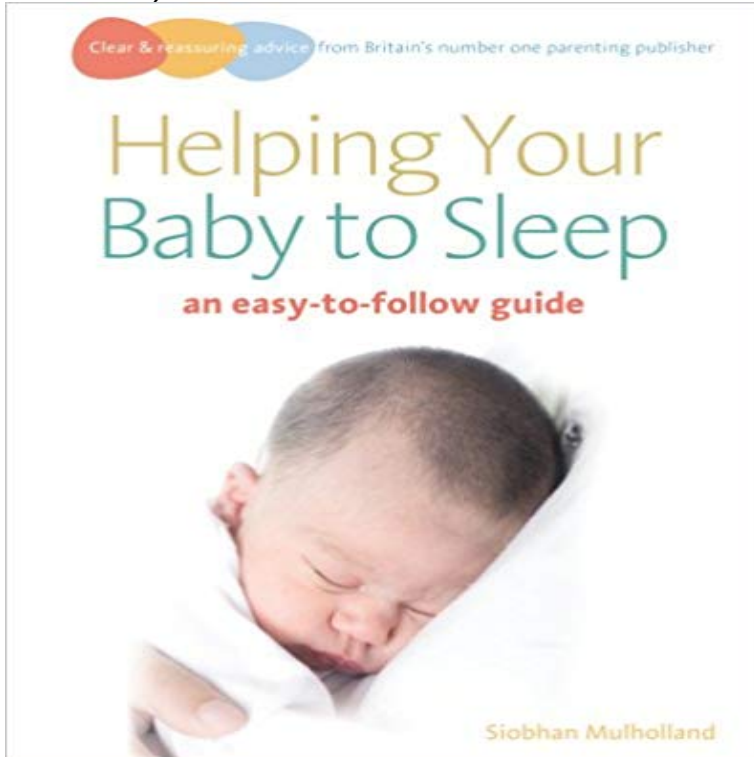


Helping Your Baby to Sleep: An Easy-to-Follow Guide (Easy-to-Follow Guides)



Getting your baby to sleep well and often can be one of the hardest aspects of parenting, and there are wide-ranging and often conflicting opinions on the subject. This comprehensive guide synthesizes the most effective and useful approaches for improving baby's sleep, from sleep cycles and nap times to sleep safety and nightmares. Simple, clear guidelines ensure that parents and baby alike will slumber peacefully.

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