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For the Love of Sleep: Practical Baby Sleep Solutions for the Everyday Mama

Lauren Tamm

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For the Love of Sleep: Practical Baby Sleep Solutions for the Everyday Mama Lauren Tamm
You don’t have to spend months or years at your wit’s end with sleep. Be encouraged. You can start fostering healthy sleep habits in your child today.

This book includes...

- 17 chapters and 104 pages packed with useful information to encourage healthy sleep habits from infancy and beyond.
- Complete list of helpful sleep products that I personally use.
- 8 sample baby sleep schedules that you can start today.
- 4 schedule worksheets to help you create your own custom baby sleep schedule.
- Special tips throughout the book, exclusive to readers.
- Comprehensive list of references and resources used to write this book.

What you’ll learn…
- Understand the science behind why babies sleep the way they do.
- Learn how much sleep your baby needs, how many naps are common for each age range, as well as when and how to drop a nap.
- Learn how to start effective schedules and routines, while staying flexible.
- Start navigating challenging sleep disruptions and short naps.
- Learn how to survive travel with a baby and help your baby recover after lost sleep.
- And so much more!

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The book For the Love of Sleep: Practical Baby Sleep Solutions for the Everyday Mama has a lot details on it. So when you read this book you can get a lot of help. The book was written by the very famous author. The author makes some research ahead of write this book. This kind of book very easy to read you can find the point easily after scanning this book.

Paul Herbert:

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