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The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years

By Harvey Karp

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years, Harvey Karp, Dr. Harvey Karp is famous for his brilliant insights into centuries-old parenting problems and for discovering breakthrough solutions that are simple .practical .and fast working. In "The Happiest Baby Guide to Great Sleep", he works his magic once again on the numbered 1 complaint of new parents. The bone-deep fatigue that parents experience when their children sleep poorly is not just a nuisance-it is very serious. Sleep deprivation can provoke depression, illness, marital conflict, and even obesity. A flood of sleep misinformation and contradictory messages have left parents more confused than ever: Hold your baby-but don't spoil her! Swaddle your baby-but don't let him get dependent on it! Based on Dr. Karp's thirty years as a pediatrician and child developmentalist, "The Happiest Baby Guide to Great Sleep" reveals groundbreaking new ideas to prevent or cure most sleep problems in children under five years old, including: how to adjust a baby's schedule to reduce day sleep and boost night sleep within the very first weeks of life; how to use sleep cues like swaddling...



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Reviews

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