

[PDF] The Dream Sleeper: A Three-Part Plan For Getting Your Baby To Love Sleep

Conner Herman, Kira Ryan - pdf download free book

Books Details:

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Author: Conner Herman, Kira Ryan

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Description:

From the Back Cover From planning the perfect day/night sleep schedule to fixing troublesome sleep challenges, *The Dream Sleeper* provides a simple and easy-to-follow plan for getting babies to learn how to consistently and happily get themselves to sleep. Based on the advice of a team of pediatric advisors and the authors' proven methods, this essential book for sleep-deprived parents shows how to set yourself up for sleep success so the entire family can begin getting a good night's sleep in just a few weeks.

You will learn

- Why baby's sleep is different and how it changes over time
2. When to start sleep teaching
 3. How to prepare your baby's environment for sleep teaching
 4. How to plan a sleeping and eating schedule
 5. Strategies for dealing with crying and setbacks
 6. And much more

"Give your child and yourself the gift of a good night's sleep. *The Dream Sleeper* is chock-full of useful strategies for sleep-deprived parents. Herman and Ryan put sleep in terms that today's parents can relate to, offering compassion and empowerment with a side helping of humor."

—**Dr. Michele Borba**, *Today Show* parenting expert and author of *The Big Book of Parenting Solutions: 101 Answers to Your Everyday Challenges and Wildest Worries*

"Finally, a realistic and modern approach to helping baby sleep from two of the best sleep experts around. *The Dream Sleeper* is an invaluable guide with advice from real (and formerly sleep-deprived) moms and provides great anecdotes and tips for navigating all the baby sleep challenges that both new and experienced parents face. I wish I'd had this book when my babies were learning to sleep!"

—**Carley Roney**, cofounder and editor in chief, TheBump.com

About the Author Conner Herman & Kira Ryan founded Dream Team Baby with the help of an advisory board including a neurologist, pediatrician, nurse practitioner, psychologist, and behavioral therapist. Together they created new ways of getting children to love sleep.

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