



Helping Your Baby to Sleep: An Easy-to-follow Guide

By Siobhan Mulholland

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Helping Your Baby to Sleep: An Easy-to-follow Guide, Siobhan Mulholland, From the leading publishers of parenting books comes a brand new series of beautifully illustrated and easy-to-follow guides covering all the essential phases of childcare. Getting your baby to sleep well and sleep often enough can be one of the hardest aspects of parenting and there is wide-ranging advice on the best ways to do so. This comprehensive guide offers parents practical and reassuring advice on every aspect of helping a baby to sleep using simple, clear guidelines. From sleep cycles and nap times to sleep safety and nightmares, "Helping Your Baby to Sleep" is the only book parents need to ensure that their baby - and themselves - slumber peacefully.

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