



# Sleep Solutions: Quiet nights for you and your child from birth to five years

*Rachel Waddilove*

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One issue dominates the lives of many new parents - sleep. Why won't their baby sleep? What is the best position to put him down in, and is swaddling the answer? Are monitors - or even dummies - a good idea? What about the mother's need for sleep - or the father, and the rest of the family? And how does the situation change when the baby is older, say three to six months, or coming up for a year? What are the sleep needs of a toddler, or an older child? And how should parents manage when the whole routine is thrown into the air, because the baby is teething, or has been ill? In this accessible and practical book, Rachel Waddilove gives the answers. In a clear, no-nonsense and straightforward way, she shows parents how to take back control. Babies need to sleep: adults need to sleep as well. Her advice will ensure peaceful nights for the entire family.

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