



Hassle Free Bedtime: Getting Any Child to Bed Is as Easy as 1-2-3! (Paperback)

By Mary Kay Keller Phd

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In this book I present a three step process that will set you up for a quiet night with any child. These three chapters explain how a child responds emotionally and physically to their environment and most importantly to you. The simple solutions presented in this three step process support you and your child in setting you both up for a long and quiet sleep. Really who does not want better sleep and to wake up refreshed each day? It is a biological fact that we and our children are better when we have the sleep we need. We cannot catch up on our sleep. What is lost is lost. We are also more prone to accidents when we are sleep deprived and according to the Center for Disease Control in Atlanta, one of the top reasons children die is due to accidents. Don't lose another minute of your or your baby's/child's sleep. If you don't have children this book combined with a gift certificate for my family coaching services will...



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