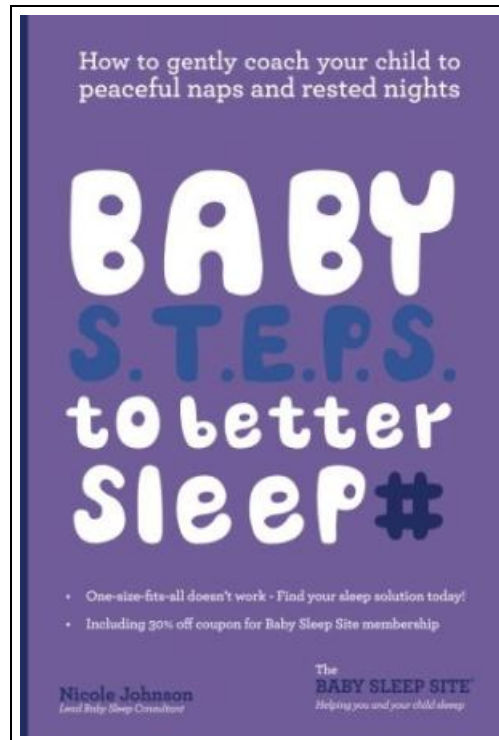


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In a sea of baby sleep books that often contradict one another, Baby STEPS to Better Sleep stands apart as the first resource to put parents in the driver's seat. Meet the newest book from Nicole Johnson, President and Lead Sleep Consultant at The Baby Sleep Site(R)! Other sleep books adopt a my way or the highway approach to sleep coaching, but not Baby STEPS to Better Sleep. Better sleep is not for a cushy lifestyle. It's important for your child's growth, development, happiness, and health and enables you to be the best parent you are destined to be. One-size-fits-all doesn't work. Your child is unique and so should your approach to his or her sleep. This book empowers parents with the tools and knowledge they need to gently coach their children to better nights and rested naps, in a way that fits their goals and parenting styles as well as their baby or toddler's temperament and personality. The book outlines a step-by-step approach to help parents create their own sleep coaching plans to see results; it also includes a number of reference charts, including bedtimes and nap times, sleep needs by age, and several sample daily sleep and feeding schedules designed to help you set your child up for success. And it's all penned by Nicole Johnson herself, an expert sleep consultant with over a decade of experience whose down-to-earth and caring tone will help exhausted parents everywhere feel like they have an ally and a friend to help them through their sleep struggles and an extension of their village they can visit when they need help. I am the mother of a one-year-old who...



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