



Helping Your Toddler to Sleep: an easy-to-follow guide (Easy to Follow Guide)

Siobhan Mulholland

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A new title in the series of beautifully illustrated and easy-to-follow practical guides covering all the essential phases of childcare.

Getting your toddler to sleep, and to sleep well, can become a battle that can be tiring and upsetting for both parent and child. And the less sleep they get, the more tiring it can be. This comprehensive guide - the first to be aimed purely at toddlers - offers practical guidance and clear guidelines on how to achieve the best result. From sleep cycles and nap times to food and mental attitude, *Helping Your Toddler to Sleep* is the only book parents need to ensure that their toddler - and they - get as much sleep as they need.

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