



How to Get Your Child to Go to Sleep and Stay Asleep - A Practical Guide for Parents to Sleep Train Young Children

By Phd Dr. Kirsten Wirth

FriesenPress. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Dr. Wirth provides parents and practitioners with an easy to use, step-by-step guide, on how to do sleep training with young children. This manual includes the procedures that are proven most effective to decrease bedtime and night waking problems. Each section on the various sleep strategies provide a how-to plan for each sleep procedure, pros and cons of using each procedure, what to expect from children with each procedure, and frequently asked questions. Also, the manual teaches readers how to measure childrens sleep habits and determine how well the chosen sleep strategy is working. Datasheets and quick reference guide flowcharts are provided as templates for readers to use easily. Throughout the manual Dr. Wirth addresses common problems with anecdotes and examples from her own life as a parent utilizing the strategies in the manual, as well as her clinical work. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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