

Help Your Baby Sleep So That You Can Rest Too!

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Synopsis

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What is the one thing that most new mothers are worried about? What keeps new mothers awake in the middle of the night when they are clearly exhausted? It's because their babies refuse to establish a proper sleep pattern. Lucky are the mothers whose baby sleeps properly from the very beginning. But for most others, months of sleepless nights and exhausted days follow the birth of a new baby. While the whole family rejoices the new addition to their home, it is usually the mother who has to go through the painful routines of staying awake with the baby all night. While newborns sleep for most of the day (and night), a slightly older baby can refuse to close their eyes for a single second during the night and sleeps through the day. This can be quite exhausting for the mother who has to go to work in the morning or do thousands of chores all day. Besides, how can you deal with your baby's changing sleeping patterns as they grow up? What type of sleeping arrangement should you have in your home? When is the right time to move your child to their own room? How many naps do they take during the day as a toddler? These are the kind of questions you might face in the coming years. Our book *Help Your Baby Sleep So That You Can Rest Too!* deals with everything related to your baby's - and later, your toddler's - sleep habits. It can help you with ideas of your own rest when your baby has trouble sleeping and later with any questions you may have about their sleep patterns and nap times. **In short, if you have any kind of questions about your child's sleep, this is the audiobook for you.**

Reader's comments

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