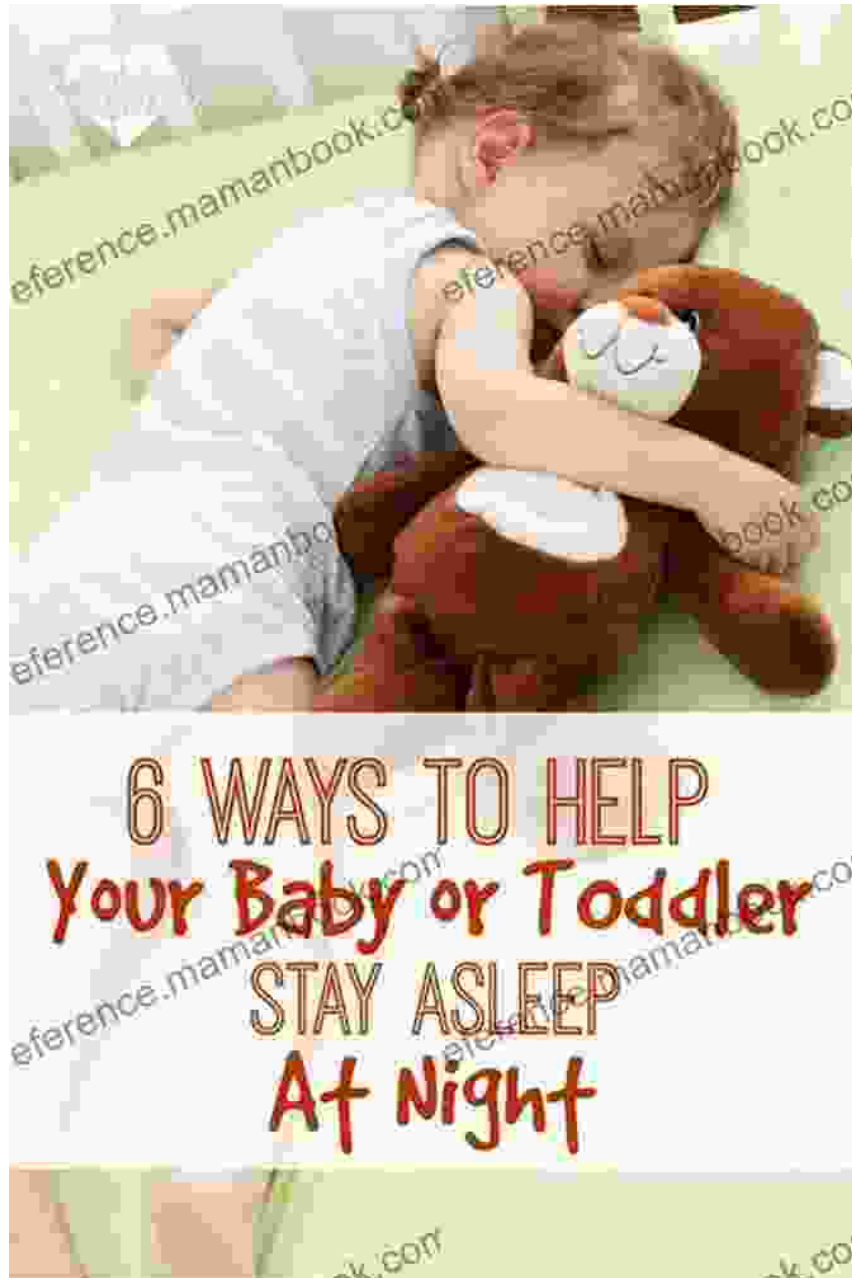
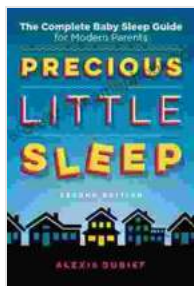


Precious Little Sleep, Second Edition: The Essential Guide to Getting Your Baby and Toddler to Fall Asleep, Stay Asleep, and Sleep Through the Night



6 WAYS TO HELP
Your Baby or Toddler
STAY ASLEEP
At Night

Sleep is one of the most important things for both babies and toddlers. It helps them grow and develop properly, and it also helps them to be healthy and happy. However, getting a baby or toddler to sleep can be a challenge, especially for new parents. That's where Precious Little Sleep, Second Edition comes in.



Precious Little Sleep - Second Edition: The Complete Baby Sleep Guide for Modern Parents by Alexis Dubief

★★★★☆ 4.7 out of 5

Language	: English
File size	: 16586 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 312 pages
Lending	: Enabled
Screen Reader	: Supported
X-Ray	: Enabled



Precious Little Sleep, Second Edition is a comprehensive guide to getting your baby or toddler to sleep. It covers everything from newborn sleep to toddler sleep, and it offers practical advice on how to create a healthy sleep environment, establish a good sleep routine, and troubleshoot common sleep problems.

The book is written by Alexis Dubief, a certified pediatric sleep consultant and the founder of the popular website Precious Little Sleep. Dubief has helped thousands of families get their babies and toddlers to sleep better, and she shares her expertise in this book.

What's New in the Second Edition?

The second edition of Precious Little Sleep has been updated and expanded to include the latest research on infant and toddler sleep. It also includes new chapters on:

- Sleep training for multiples
- Sleep and breastfeeding
- Sleep and special needs

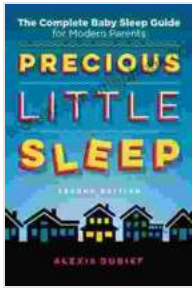
What Parents Are Saying About Precious Little Sleep

"This book is a lifesaver! I was at my wit's end with my newborn's sleep, and this book helped me to create a healthy sleep routine that worked for both of us." - A. Smith

"I've read a lot of books about baby sleep, but this one is the most comprehensive and helpful. It's full of practical advice that I've been able to use to improve my baby's sleep." - J. Jones

If you're struggling to get your baby or toddler to sleep, Precious Little Sleep, Second Edition is the book for you. It's a comprehensive guide to infant and toddler sleep, and it offers practical advice on how to create a healthy sleep environment, establish a good sleep routine, and troubleshoot common sleep problems.

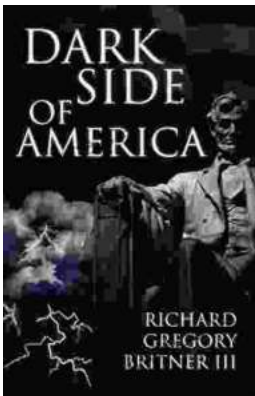
Don't let sleep deprivation get the best of you. Order your copy of Precious Little Sleep, Second Edition today and start getting your baby or toddler the sleep they need.



Precious Little Sleep - Second Edition: The Complete Baby Sleep Guide for Modern Parents by Alexis Dubief

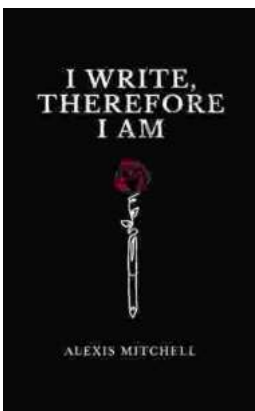
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