



Sleep Sense: Simple Steps to a Full Night's Sleep

By Ann Richardson, Megan Faure

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Are you suffering from sleep deprivation because your baby will just not sleep through the night? Have you tried everything and reached the end of your tether? This book offers simple, sensible solutions to ensure you and your baby get a good night's sleep by establishing healthy sleeping habits.

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Sleep Sense: Simple Steps to a Full Night's Sleep By Ann Richardson, Megan Faure Bibliography

- Sales Rank: #595276 in Books
- Brand: Babysense
- Model: BSSSBOOK
- Published on: 2007-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.61" h x .38" w x 6.69" l, .71 pounds
- Binding: Paperback
- 178 pages

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Editorial Review

Review

Megan Faure (B Sc OT), co-author Baby sense and owner of the acclaimed Baby Sense Company, has worked in pediatrics in the USA and South Africa. Having specialized in both sensory integration and neurodevelopment therapy, she treats babies with sensory integration difficulties, including extreme fussiness, poor sleep habits and feeding problems. She lectures to professionals and gives parent talks on issues of development and child rearing. Regularly published in parenting magazines and professional publications, Megan is the secretary of the Western Cape Association for Infant mental Health and an active member of the South African Institute for Sensory integration. She is married with three children.

Users Review

From reader reviews:

Jorge Hinkley:

Information is provisions for individuals to get better life, information today can get by anyone on everywhere. The information can be a information or any news even a problem. What people must be consider any time those information which is from the former life are challenging be find than now's taking seriously which one works to believe or which one the actual resource are convinced. If you get the unstable resource then you understand it as your main information you will see huge disadvantage for you. All those possibilities will not happen in you if you take Sleep Sense: Simple Steps to a Full Night's Sleep as the daily resource information.

Joshua Canfield:

A lot of people always spent their very own free time to vacation or even go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you want to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book that you just read you can spent all day every day to reading a publication. The book Sleep Sense: Simple Steps to a Full Night's Sleep it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In case you did not have enough space to create this book you can buy the actual e-book. You can m0ore easily to read this book out of your smart phone. The price is not very costly but this book offers high quality.

Matthew Seifert:

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