

## Helping Your Child Sleep Through the Night

Joanne Cuthbertson, Susanna Schevill



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Helping Your Child Sleep Through the Night Joanne Cuthbertson, Susanna Schevill A good night's sleep is crucial both for a child's well-being and a parent's peace of mind. This positive,

practical guide teaches parents to establish good sleeping habits in their kids and cope with the problems that cause sleepless nights, from colic to bed-wetting to nightmares.

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