

# Baby Sleep Training: How To Get Your Baby To Sleep Through The Night

Isa Ellaay



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Get Your Baby to Sleep Through the Night tackles and discusses the realities of nighttime parenting. It makes one understand the natural behavior of babies during their early months of development and associate these with baby sleep patterns and attitude. This is done through sleep anatomy and natural baby sleep pattern discussions.

The various types of sleeping techniques are also defined here, along with a few other tips that help parents put their babies to sleep, keep them asleep and put them back to sleep at night.

Here are the information that you will learn from this book:

- 1. The Anatomy of Sleep
- 2. What Is Normal Baby Sleep?
- 3. What Parents Can Do
- 4. Good Decision Making and Attitude
- 5. Sleep Conditioning Techniques
- 6. Sleep Transitioning Techniques
- 7. Staying Asleep Techniques
- 8. What to Do When Baby Awakens
- 9. Other Sleeping Techniques
- 10. Baby Sleep Patterns
- 11. Newborn Sleep Patterns
- 12. Toddler Sleep Patterns
- 13. Preschool Sleep Patterns
- 14. Tips for Sleeping Babies

Good Luck and hoping you too will have a good night sleep :)

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