



Sleep Like A Baby: How to Help Your Child Sleep Naturally Without Relying on Too Much Feeding Or Rock-a-Bye Babies

Raven Heidrich

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For the most part, we all know that we need sleep to survive and function properly. Children especially need plenty of sleep to help their growing bodies. Growing brains need their rest as well. While asleep our brains process and store information, replace depleted necessary chemicals which help us think faster and solve problems.

When you don't get enough sleep you are moody and ill-tempered, a child will also be cranky and always in crying mode. This can cause quite a problem for you or your child as your child may find himself uncomfortable, poorly rested and not quite adapted to the ideal schedule you have set for him/her.

In this book I will walk you through the best strategies to help your child get just the right amount of sleep. We will talk about how much is the right amount of sleep for each age starting from birth till your child is in school age and what are the best strategies for each stage of his early life.

Sleep is also crucial for growth to the immune system. So, if your child doesn't get the right amount of sleep they won't develop properly which can lead to even more problems at school, and your child may also find themselves getting ill often. If they are ill this can cause a vicious and retrogressive cycle since being ill is not exactly conducive to sleep.

Help your child and help yourself by learning the proper sleep cycle he/she should follow. This way you will have a well rested, immune boosted, intelligent child that's aware when awake, and rests well when he/she sleeps.. Let's get started!

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