



Baby Sleep: The How To Guide For Helping Your Child Sleep Through The Night: The Everyday Genius Series

Kimberly Johnson

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Whoever came up with the phrase, “Sleeps like a baby” obviously never had any kids! When it comes to parenting a newborn, sleep is one of the hardest issues to deal with. Trust me, I know your pain. As a mother of four beautiful children I have had my share of sleepless nights. I have also learned a thing or two along the way and my biggest desire is to HELP PEOPLE! I want to help new parents and maybe also seasoned parents who welcomed a new baby that doesn’t follow the same patterns as their sibling. This is a confusing and life-changing time and running on E in the sleep department just compounds everything. I wanted to give you some advice so I wrote a book. Speaking of advice let me just say that every baby is different (even multiple babies born to the same parents) and you have to be flexible and you may have to change some long-held beliefs about babies and sleeping. So my biggest piece of advice is to take all the advice you get with the preverbal “grain of salt” and do what works for your baby and your family. This book is a collection of baby sleep experience, suggestions, advice, and lessons learned. So please download it now, read through it, and I hope you feel a little more at ease with the fact that the things you are going through are normal. Also, consider gifting this book to someone you know who may benefit from it. I hope you leave this book more equipped with tips and strategies to help teach your baby how to sleep. And if you have found some value in this book please leave a review. Reviews are one of the main ways that Amazon customers navigate through all the book choices to find the content that brings real value. I wish you and your baby all the best and thank you for looking at this book!

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