



Baby Sleeping Trust Techniques: Alternatives to Controlled Crying (Paperback)

By Rebecca Welton

Spottiswoode Publishing, United Kingdom, 2013. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.As a parent, what do you do if you are suffering sleepless nights but don't want to let your baby cry it out? Most families are left just trying to weather the storm. Baby Sleeping Trust Techniques: Alternatives to Controlled Crying offers families a new approach. The book provides effective options for helping parents teach their babies to happily settle to sleep on their own and sleep through the night - without leaving them to cry alone. Mother-of-two, Rebecca Welton, knows all about sleepless nights. At five months, her youngest was still waking 8 to 10 times a night. With little information available, Rebecca set about devising a settling technique that worked for her baby and her family. Now a qualified child sleep practitioner, she has brought together the best tips on how to get your baby to sleep better and for longer. Rebecca delivers five different Trust Techniques, including one for co-sleepers, that build on the trust between you and your baby by ensuring that you always respond to their needs and never leave them...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**