



## Getting Children to Sleep: Sleep Habits for Good Health (Paperback)

By Cathy Wilson

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Children to Sleep: Sleep Habits for Good Health is a practical approach of proven strategies to ensure your child gets quality sleep for their growing body with a smile. Cathy Wilson reveals an inviting tone that is informational, understandable and engaging. Some topics explored are: Why kids need sleep and how much . . . Factors in healthy sleep . . . Common disruptions in sleep and solutions . . . Nightmares, night terrors, and other physiological and mental sleep Information is knowledge and knowledge is power. Wilson gives you the confidence to take control and ensure your child gets the quality sleep they need for long-term great health and happiness! The only way you lose is if you don't read what Wilson has to offer!.



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