



Sweet Dreams: A Pediatrician's Secrets for Baby's Good Night's Sleep

Paul Fleiss

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Most new parents quickly and sadly discover the difficulty of getting a child first to go to sleep, and then to sleep throughout the night. Dr. Fleiss, a noted family pediatrician for more than 30 years, shares his secrets for discovering a child's natural sleep patterns, developing positive bedtime rituals, nutritional and lifestyle aids to sleep, and how co-sleeping affects normal growth and development.

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