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The Sleepeasy Solution: The Exhausted Parents Guide to Getting Your Child to Sleep from Birth to Age 5

By Jill Spivack

HCI. Paperback. Book Condition: New. Paperback. 308 pages. Two experts who are helping Hollywoods A-list babies get their zzzs share the no-fail, family-friendly method that has helped thousands of sleep-deprived moms and dads. Even Hollywoods biggest stars face the same dilemma as other parents do: How do I get my child to sleep As parents in the know are finding, whether theyre on the red carpet or the soccer field, the answer is the same: The Sleepeasy Solution. Psychotherapists and sleep specialists Jennifer and Jill, the dynamic girlfriends all of Hollywood calls on to solve Juniors sleep problems, have perfected their sleep technique that will get any child snoozing in no timemost often in fewer than three nights. The key to their method It addresses the emotional needs of both the parent and child (yes, how to handle the crying!)a critical component of why most other sleep methods fail. In this much-needed, family-friendly guide, weary parents will learn to define their own individual sleep goals, those that work for their familys schedule and style. Theyll create a customized sleep planner to ensure consistency with both parents as well as extended caregivers. (As an added bonus, theyll even improve the readers...)



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