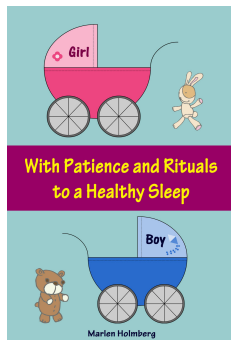


# YESFREERUNS.COM Ebook and Manual Reference

## WITH PATIENCE AND RITUALS TO A HEALTHY SLEEP EBOOKS 2019



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Release Date: Lanzamiento previsto: @@expectedReleaseDate@@

u0026#34;About the booku0026#34; With Patience and Rituals to a Healthy Sleep: Soft baby sleep is no childu0026#39;s play (Baby sleep guide: Tips for falling asleep and sleeping through in the 1st year of life)u003cbr/u003e

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In the first few months of a babyu0026#39;s life, the topic of u0026#34;baby sleepu0026#34; can become the dominant family theme...u003cbr/u003e

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# The way to a firm sleep rhythm u003cbr/u003e

Even babies need different amounts of sleep at nightu003cbr/u003e

The baby has yet to find its sleep rhythm u003cbr/u003e

Infants learn to calm themselves firstu003cbr/u003e

Sleeping well takes time - endurance is required hereu003cbr/u003e

Every now and then, parents need extra tuitionu003cbr/u003e

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# Good basis for soft and healthy baby sleepu003cbr/u003e

Infants need the experience of security and reliabilityu003cbr/u003e

Everyday routine helps the baby to find a rhythm u003cbr/u003e

Just a tired baby likes to sleep too u003cbr/u003e

Prevent the baby from getting tired - otherwise it is difficult to fall asleep and relaxu003cbr/u003e

Increased screaming and howling is often a sign of lack of sleepu003cbr/u003e

Independence during the day also supports at night (rest)u003cbr/u003e

Sleeping independently makes sleeping through easier for the babyu003cbr/u003e

u003cbr/u003e

# The appropriate sleeping environment is important for a soft baby sleepu003cbr/u003e

Safe baby sleep - always in supine positionu003cbr/u003e

Safe and secure stored in a cradle, bassinet or cotu003cbr/u003e

Good equipment of the sleeping place - with sleeping bag but without pillowu003cbr/u003e

Donu0026#39;t wear the baby too thickly for baby sleep - this is the best way to get a good nightu0026#39;s sleepu003cbr/u003e

Quality and safety always take priority when it comes to cribs and cotsu003cbr/u003e

In the parentsu0026#39; bedroom, the baby bed is in the best of hands - naturally smoke-free!u003cbr/u003e

Sleeping together in a family bed with some safety rulesu003cbr/u003e

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# If the baby doesnu0026#39;t calm down and sleep causes problemsu003cbr/u003e

Not every sleep problem is a sleep disorder at first gou003cbr/u003e

Sleep problems often do not come aloneu003cbr/u003e

Overcoming serious sleep problems with professional help

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