



## Healthy Sleep Habits, Happy Twins: A Step-by-step Programme for Sleep-training Your Multiples

By Marc Weissbluth

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Healthy Sleep Habits, Happy Twins: A Step-by-step Programme for Sleep-training Your Multiples, Marc Weissbluth, Good sleep is essential for your children's health, growth and development. But establishing a successful sleep schedule is not easy, and training twins and multiples offers an even greater challenge for parents. Leading paediatrician and renowned sleep expert Dr Marc Weissbluth combines specialised advice for parents of twins with his tried-and-tested sleep-training methods to show exhausted parents how to get their babies to sleep on their own, stay asleep and sleep regularly. This practical, step-by-step guide explains how fraternal and identical twins may sleep train differently and what to do about it. It addresses specific problems that can arise from training more than one baby at the same time. It describes ways to get your babies to synchronise their internal clocks and fall asleep at the same time - naturally. It reveals the common mistakes parents of twins make to get their children to sleep. "Healthy Sleep Habits, Happy Twins" is an invaluable guide based on proven techniques that will not only get your babies to sleep through the night, but help you stay healthy and rested too.



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