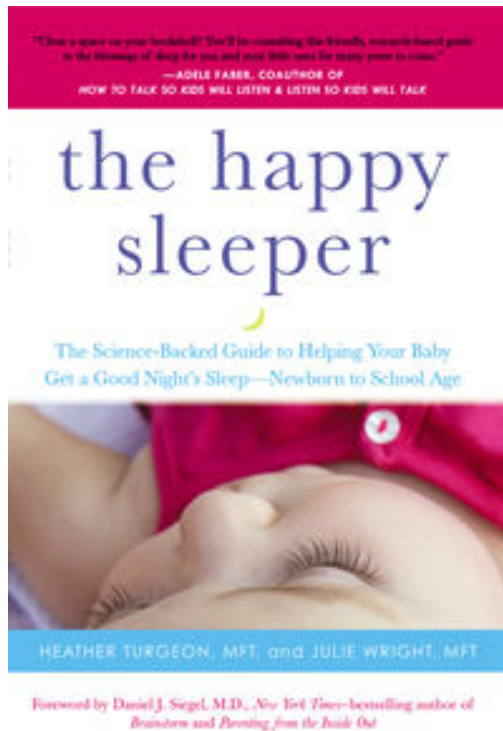


# The Happy Sleeper - Heather Turgeon MFT & Julie Wright MFT Read Ebooks [EN] PDF, ePub, Mobi



**The Happy Sleeper Heather Turgeon MFT & Julie Wright MFT Read ebooks [EN] PDF, ePub, Mobi,** Many parents feel pressured to “train” babies and young children to sleep, but kids don’t need to be trained to sleep, they’re *built* to sleep. Sleep issues arise when parents (with the best of intentions) over-help or “helicopter parent” at night—overshadowing their baby’s innate biological ability to sleep well. In **The Happy Sleeper**, child sleep experts Heather Turgeon and Julie Wright show parents how to be sensitive and nurturing, but also clear and structured so that babies and young children develop the self-soothing skills they need to:

- Fall asleep independently
- Sleep through the night
- Take healthy naps
- Grow into natural, optimal sleep patterns for day and night

**The Happy Sleeper** is a research-based guide to helping children do what comes naturally—sleep through the night.

**The Happy Sleeper** features a foreword by neuropsychiatrist and popular parenting expert **Dr. Daniel Siegel**, author of *Parenting from the Inside Out* and the *New York Times* bestseller *Brainstorm*.

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