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Sleep Sense: Simple Steps to a Full Night's Sleep

By Ann Richardson, Megan Faure



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Are you suffering from sleep deprivation because your baby will just not sleep through the night? Have you tried everything and reached the end of your tether? This book offers simple, sensible solutions to ensure you and your baby get a good night's sleep by establishing healthy sleeping habits.



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Editorial Review

Review

Megan Faure (B Sc OT), co-author Baby sense and owner of the acclaimed Baby Sense Company, has worked in pediatrics in the USA and South Africa. Having specialized in both sensory integration and neurodevelopment therapy, she treats babies with sensory integration difficulties, including extreme fussiness, poor sleep habits and feeding problems. She lectures to professionals and gives parent talks on issues of development and child rearing. Regularly published in parenting magazines and professional publications, Megan is the secretary of the Western Cape Association for Infant mental Health and an active member of the South African Institute for Sensory integration. She is married with three children.

Users Review

From reader reviews:

Karen Shiner:

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