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Packed with tips, hints and reminders, case studies, at-a-glance

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Book Review: The Sensational Baby Sleep Plan - Alison Scott-Wright. I have come across this book a few times, and eventually someone gave me a copy so that I could read it cover to cover at my leisure. Having flicked first to the breastfeeding section and read the advice not to drink champagne lest it give the baby wind, I was tempted to drop ...

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The Sensational Baby Sleep Plan gives parents: * Realistic, easy to follow advice and guidance * Sensible feeding plans that can be tailored to suit the individual * Simple explanations of how to interpret different cries * Useful tips to to encourage belief and trust in their parental instincts * Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic.

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Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, The Sensational Baby Sleep Plan is a step-by-step, must-have manual to ensure sleep for you and your baby. The Sensational Baby Sleep Plan gives parents: * Realistic, easy to follow advice and guidance

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This can easily be achieved within the first few weeks by following the flexible but structured, daytime feeding / sleeping plan that establishes a good bedtime routine as described in detail in my book The Sensational Baby Sleep Plan. The amount of sleep an adult needs is variable and changes from one developmental stage to another.

How To Produce The Perfect Sleep Routine For New Babies

Sleep is something all new parents want, both for themselves and their newborn babies. Now, with The Sensational Baby Sleep Plan baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds!

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