



Toddler Sleep Solution: How to Make Bedtime Easy (Motherhood Essentials Collection Book 3)

Shelley Lawrence

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Get this best selling book today and learn about proven strategies that help you and your toddler get that rest you need and deserve!

For many, if not most parents with toddlers, bedtime is the dreaded part of the day that we don't look forward one bit. Getting your youngster to bed without a fight can be near impossible which is why I wrote this guide on how to get your toddler to sleep so that you too can get that deserved night's sleep. As you will see, toddlers are not so different from adults when it comes to sleeping.

In my book I explain the reasons behind the tantrums, crying and screaming. Knowing why bedtime is so difficult helps us understand how to solve the problems. If you can identify with any of the problems then you will be at an advantage to solve the problem.

I talk about toddler beds and the how to optimize them for minimize disruption at bedtime. That also goes for your child's bedroom. Creating the right environment for sleeping in is so important and something that can be easily overlooked.

At a young age, a routine is part of growing and learning and the advice I give about scheduling is part of the toddler sleep solution. Follow this carefully to get most benefit from this section.

In my A-Z's of sleep problems I offer some useful tips and advice on common issues in this topic. There are also some common questions and answers on certain situations you may find very useful!

Download your copy today!

Tags: toddler, toddler sleep solution, toddler bedtime, toddler problems, parenting, children, young kids

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