



The Lull-A-Baby Sleep Plan: The Soothing, Superfast Way to Help Your New Baby Sleep Through the Night...and Prevent Sleep Problems Before They Develop

Cathryn Tobin

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A renowned pediatrician explains her revolutionary new method for training infants to sleep right--from the start

Dr. Cathryn Tobin, pediatrician of 25 years, midwife, and mother of four, reveals a breakthrough discovery that will transform the way that parents put their infants and toddlers to bed. Dr. Tobin has discovered that a physiological window of opportunity opens--usually at 6 to 8 weeks--when a baby can learn great sleep habits before bad ones develop. If parents follow her 7-day plan and take advantage of this crucial time in child development, they and their newborn will be sleeping through the night sooner than any other sleep book promises--and without the tears and tantrums that come with other approaches.

The Lull-A-Baby Sleep Plan is the first sleep manual that focuses on preventing infant sleep problems before they have a chance to begin. But if a parent has missed the window, there's still hope and HELP: Dr. Tobin's no-cry program for re-training older babies and toddlers. Dr. Tobin developed this program after sleep deprivation caused a car accident that almost cost her life. Since then she has successfully used her method with hundreds of grateful parents.



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