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No Fuss Baby and Toddler Sleep

Niamh O'Reilly

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No Fuss Baby and Toddler Sleep Niamh O'Reilly

Niamh O’Reilly combines the practicality of Mary Poppins, the humour of Mrs Doubtfire and the magic of Nanny McPhee to bring parents back from the brink of total sleep deprivation. With her wealth of knowledge and years of experience, Niamh O'Reilly's comprehensive guide to baby and toddler sleep is a must-have handbook for every parent.

Niamh offers practical advice, reassurance and simple, effective techniques to help deal with the various challenges every parent faces. Sometimes all a family needs is some structure and practice at working together to get back on track; Niamh can give you the confidence to achieve this without endless nights of crying or the feeling that you are abandoning your baby. Niamh's gentle and intuitive technique for encouraging better sleeping habits is designed to teach your little one how to self-settle and sleep for longer stretches with minimum fuss and upset.

What makes this book unique is Niamh's absolute belief that parents know their children best and are in a position to guide them to better sleep in an effective, considerate way.

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