



The Happy Sleeper: The Science-Backed Guide to Helping Your Baby Get a Good Night's Sleep-Newborn to School Age

Heather Turgeon, Julie Wright

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Many parents feel pressured to "train" babies and young children to sleep. But kids don't need to be *trained* to sleep—they're *built* to sleep. Sleep issues arise when parents (with the best of intentions) overhelp or "helicopter parent" at night—overshadowing their baby's innate biological ability to sleep well. In *The Happy Sleeper*, child sleep experts Heather Turgeon and Julie Wright show parents how to be sensitive and nurturing, but also clear and structured so that babies and young children develop the self-soothing skills they need in order to:

- Fall asleep independently
- Sleep through the night
- Take healthy naps
- Grow into natural, optimal sleep patterns for day and night

The Happy Sleeper is a research-based guide to helping children do what comes naturally—sleep through the night.



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