



# No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently

By Heidi Holvoet PhD

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## No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently By Heidi Holvoet PhD

Winner of a Mom's Choice Award.

Helping your baby sleep through the night is made doable with this practical book by professional sleep consultant Heidi Holvoet. The hands-on 3-step program gives you the tools in hand to wean from unnecessary night awakenings and consistently get long restful nights. Not just for one night, but for good.

In the book:

- Proven no-cry sleep techniques for self soothing, weaning from night feeds (breast feeding and bottle feeding, whether due to hunger or habit), solutions for keeping asleep, re-adjusting stuck sleep patterns (often unexplained night awakenings) and advice for avoiding early morning awakenings (early birds).
- Detailed "How to recognize" and "What to do" guidelines to discover the precise reason(s) why your baby wakes up at night. This is a powerful opportunity to take away causes as well as learn which of the sleep solutions will be most effective.
- Must-do basics without which no baby or toddler can sleep well.

Used and approved by parents worldwide, the author's trademark baby sleep advice skillfully points you to specific – versions of – the techniques to suit your baby's unique needs, which makes them all the more effective.

This baby sleep book also includes specific guidelines for older babies and toddlers.



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### Editorial Review

#### Review

*"We are down to one night feed! He is waking up at around 8.30 for a quick cuddle and after that he is sleeping through until 12.30 for a feed then back to bed until 6.00am. That is an incredible improvement for us!"* - Baby-Sleep-Advice.com

*"I will definitely recommend this book to my clients. It is original and different from any other sleep book out there. My main thoughts are:*

- Love the bullet points! It gets the message across, easily understood and straight to the point.*
- Practical step by step solution to improve nights for babies and toddlers.*
- Clear examples on setting up a sleep plan for different scenarios. The many different options given cover for all caring yet determined family's parenting styles.*
- What I find especially empowering for parents is how the author clearly explains the reasons their baby is waking frequently or difficult to put to sleep. And then gives real solutions to improve that."* - Sarah Ong, Maternity and Child Sleep Consultant - SleepChampBaby.com

### Users Review

#### From reader reviews:

##### Alex Thayer:

Information is provisions for anyone to get better life, information today can get by anyone in everywhere. The information can be a knowledge or any news even an issue. What people must be consider while those information which is within the former life are hard to be find than now is taking seriously which one is appropriate to believe or which one the particular resource are convinced. If you receive the unstable resource then you have it as your main information you will see huge disadvantage for you. All those possibilities will not happen in you if you take No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently as your daily resource information.

##### Gary Lane:

Exactly why? Because this No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will surprise you with the secret that inside. Reading this book alongside it was fantastic author who else write the book in such awesome way makes the content inside of easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of advantages than the other book include such as help improving your ability and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the publication store hurriedly.

**Geraldine Noll:**

That reserve can make you to feel relax. This book No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently was bright colored and of course has pictures on there. As we know that book No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently has many kinds or variety. Start from kids until teens. For example Naruto or Investigation company Conan you can read and think you are the character on there. So , not at all of book are usually make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book for you personally and try to like reading in which.

**Dee Alaniz:**

A number of people said that they feel bored stiff when they reading a e-book. They are directly felt that when they get a half portions of the book. You can choose the particular book No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently to make your personal reading is interesting. Your current skill of reading proficiency is developing when you like reading. Try to choose easy book to make you enjoy to see it and mingle the feeling about book and looking at especially. It is to be 1st opinion for you to like to open a book and study it. Beside that the book No-Tears Sleeping Through the Night: Gentle Techniques to Help Your Baby Sleep Through the Night Consistently can to be a newly purchased friend when you're sense alone and confuse with the information must you're doing of the time.

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