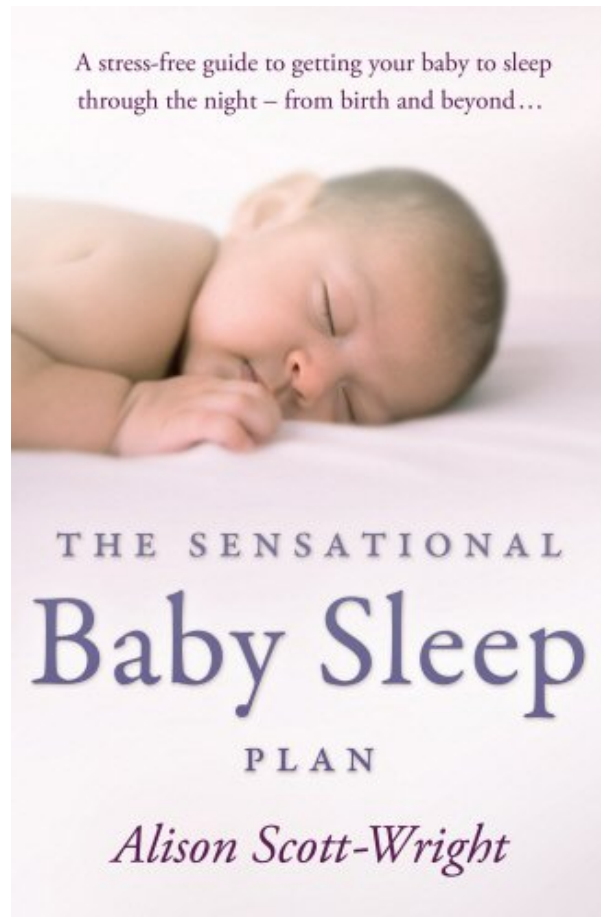


THE SENSATIONAL BABY SLEEP PLAN BY ALISON SCOTT-WRIGHT



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through the night – from birth and beyond...



THE SENSATIONAL
Baby Sleep

PLAN

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Review

"Sleep guru Alison Scott-Wright changed my life and rescued my sanity! ... I will buy [the book] for all pregnant friends so they get it right from the start, unlike me!" -- Parent on MumsNet

About the Author

Alison Scott-Wright comes from a vast and varied nursing background. Her successful and ever-expanding consultancy service gives parents factual, reality-based advice on a range of baby-related issues.

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THE SENSATIONAL BABY SLEEP PLAN BY ALISON SCOTT-WRIGHT PDF

Sleep is something all new parents want, both for themselves and their newborn babies. Now baby care consultant Alison Scott-Wright, known by her clients as "the magic sleep fairy," takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8–10 weeks, without the need for night feeds! Based on your baby's natural eating and sleeping rhythms, this plan can be applied to breast- or bottle-fed babies, and will help parents recognize the cause of sleep problems, establish calm bedtime practices, manage sleep problems due to teething or illness, and identify and cope with reflux. Packed with tips, hints, and reminders, case studies, at-a-glance charts, and a daily journal to help you keep track of your baby's progress, this is a step-by-step, must-have manual for stress-free parenting.

- Sales Rank: #1464488 in Books
- Published on: 2010-01-01
- Released on: 2010-01-26
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x .90" w x 6.00" l, .83 pounds
- Binding: Paperback
- 278 pages

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"Sleep guru Alison Scott-Wright changed my life and rescued my sanity! ... I will buy [the book] for all pregnant friends so they get it right from the start, unlike me!" -- Parent on MumsNet

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Most helpful customer reviews

1 of 1 people found the following review helpful.

The Magic Sleep Fairy

By Fringe Spa Salon

This is simply a sensational book about helping your new born sleep at night. Alison is one of the internationally leading experts in baby sleeping and this book is a must read for all new parents. I have 3 children who all started sleeping between 6 and 8 weeks thanks to the Magic Sleep Fairy.

8 of 11 people found the following review helpful.

This book deserves ZERO stars

By Mariposa verde

It is hard to believe that this author has made a name for herself as "the sleeping fairy" suggesting to let your baby cry and to water down formula. I can't believe people consider her an expert. If you believe in CIO,

then you might like this book. If you do not, then this book is not for you. I did not like it so I returned it.

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One Star

By J. Shinton

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