

HEALTHY SLEEP HABITS HAPPY TWINS WEISSBLUTH MARC%0A

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MARC WEISSBLUTH, M.D., a pediatrician with thirty-five years of experience, founded the original Sleep Disorders Center at Chicago's Children's Memorial Hospital and is a professor of clinical pediatrics at Northwestern University School of Medicine.

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HEALTHY SLEEP HABITS, HAPPY TWINS - Dr. Weissbluth

HEALTHY SLEEP HABITS, HAPPY TWINS A Step-by-Step Program for Sleep-Training Your Multiples Marc Weissbluth, M.D. BALLANTINE BOOKS NEW YORK Weis_9780345497796_4p_01_r1.w.qxp 4/15/09 8:34 AM Page v Introduction Congratulations on your twins or multiples! Twins and multiples are more than double the fun: this is an exciting and magical time for your growing family. Whether you're still

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The follow-up Healthy Sleep Habits, Happy Twins is a good resource to a parent of twins, offering practical advice for handling your multiples with a nice balance of

confidence and humility. I had a singleton first, and we used the Healthy Sleep Habits, Happy Child book to sleep train her.

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Newborn sleep tips from Dr. Marc Weissbluth -

Today's Parent

Get sleep survival tips in this Q&A with Healthy Sleep Habits, Happy Child author, doctor and preeminent sleep guru, Marc Weissbluth By The Mark News | Nov 30, 2011 As every parent of a newborn knows (or soon finds out), in the first year of a baby's life, one of the hardest things to deal with is sleep deprivation.

Healthy Sleep Habits, Happy Child: Marc Weissbluth MD ...

Weissbluth knows sleep and the importance of establishing healthy sleep habits from the get go: he has 30+ years experience as a pediatrician, teaches at Northwestern Medical School, and founded the Sleep Disorder Center at Chicago's Children's Memorial Hospital. His methods are humane, rational, and rooted in research and experience. And they WORK on real, fussy, irrational little people.

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Dr. Weissbluth

Dr. Marc Weissbluth, a distinguished pediatrician, founder of the Northwestern Children's Practice, author, and father of four offers his groundbreaking program to ensure the best sleep for your twins. In Healthy Sleep Habits, Happy Twins, he builds on more than 30 years of research and pediatric experience to explain his step-by-step regime for instituting beneficial sleep habits. This valuable sourcebook contains brand new research that:

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Twins: A Step-by-Step Program for Sleep-Training Your Multiples by Marc Weissbluth M.D.

Healthy Sleep Habits, Happy Twins by Marc Weissbluth, M.D. ...

About Healthy Sleep Habits, Happy Twins. From one of the nation's most trusted experts on children's bedtime and nap time comes a new guide for sleep-training twins so that everybody (including Mom and Dad) will be rested and happy!

Healthy Sleep Habits, Happy Twins by Marc Weissbluth (ebook)

Now, in Healthy Sleep Habits, Happy Twins, beloved pediatrician and renowned sleep authority Dr. Marc Weissbluth combines specialized advice for parents of twins with his tried-and-true sleep-training methods to show exhausted moms and dads how to get their babies to sleep on their own, stay asleep, and sleep regularly. This essential step-by-step guide to establishing good sleep patterns