



The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Pantley)

Elizabeth Pantley

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Winner of Disney's iParenting Media Award for Best Product

"Easy naptime solutions that really work--without any tears."

Kathy Lynn, President, Parenting Today

"Naps: Children need them. Parents want them. Here are the tools to make them happen."

Maureen A. Doolan Boyle, Executive Director, MOST (Mothers of Supertwins), Inc.

Does your child:

- nap only in your arms, a sling, a swing, or the car?
- require elaborate rituals before sleeping?
- get fussy, act cranky, or have tantrums due to lack of sleep?
- take very short naps--or none at all?

Naps are important to a child's mood, well-being, and development. *The No-Cry Nap Solution* offers you a proven formula to allow your baby, toddler, or preschooler to get daily restorative rest. You'll learn gentle, loving, tear-free techniques, developed by world-renowned parenting expert Elizabeth Pantley and tested by hundreds of families around the world, guaranteed to help you:

- Convince any child to nap every day
- Effortlessly settle your child for naptime in his or her own bed
- Turn short, fitful naps into long, peaceful ones
- Establish a nap schedule that works for you and your child
- Easily adapt nap routines to your child's developing needs
- Confidently deal with sudden changes, nap strikes, and travel

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Gerald Warfield:

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Martina Barton:

People live in this new day time of lifestyle always try and and must have the free time or they will get lots of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not just a robot. Then we ask again, what kind of activity are there when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, the particular book you have read is actually The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems (Pantley).

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Brenda Seddon:

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