BABIES WON’T SLEEP! PRACTICAL STRATEGIES TO HELP TIRED FAMILIES

Wendy Dean
Pampers Village Parenting Panel

Pampers village
a place to grow

WENDY DEAN

[redacted]

www.babysleepanswers.co.uk

INFANT SLEEP PATTERNS

[redacted]

SLEEP CYCLES

[redacted]

ACCIDENTAL PARENTING AND PROP DEPENDENCY

[redacted]

COMMON PROPS

ADVISING ON SLEEP PROBLEMS: A STAGED APPROACH

[redacted]

ADVISING ON SLEEP PROBLEMS: A STAGED APPROACH

[redacted]

ADVISING ON SLEEP PROBLEMS: A STAGED APPROACH

[redacted]

SHUSH/PAT AND PICK UP/PUT DOWN

[redacted]

PICK UP/PUT DOWN/CRY DOWN

GRADUAL WITHDRAWAL/ MILK REDUCTION

CONTROLLED CRYING

[redacted]