



Smooth Baby Sleep: 6 Simple Steps to Gently Help Your Child Sleep

Diana G. Blanco

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**** Customization and Gentleness are the Secret Ingredients to Successful Sleep Coaching ****


For years parents have been receiving confusing and often contradictory information about the best methods to get their babies to sleep. But, what is really the best way to teach your baby to sleep and develop healthy sleep habits?

Diana G. Blanco, strongly believes that no two children are alike, and therefore, there are no cookie-cutter solutions that work for every child when it comes to sleep. In *Smooth Baby Sleep*, Diana G. Blanco, presents a simple, gentle and customizable plan that works from birth to toddlerhood. After reading this book you will know how to:

- * Understand your baby's sleep cues
- * Design your child's optimal daily routines and schedules
- * Gently help your child become an independent sleeper
- * Teach your child sleep through the night and take restorative naps
- * End bedtime battles and witching hours
- * Solve common sleep challenges such as early rising, poor napping, frequent night wakings, transition to toddler bed, juggling breastfeeding and baby sleep, etc.

Blanco's *Smooth Baby Sleep* allows you to reinforce your bond with your child, and maintain your commitment to your child's happiness, health and development; while you help him or her get a good night's sleep.

Diana G. Blanco, MBA, CPFYC, is a distinguished baby and toddler sleep expert; and certified parenting, family, and youth professional coach. She holds a Masters degree from New York University and is a member of the American Academy of Sleep Medicine. She is the mother of twin girls, and the founder of Smooth Parenting. In her private practice, she helps parents around the world have a smoother, happier and easier parenting experience; which sometimes begins with overcoming sleep deprivation.

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