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## Healthy Sleep Habits for Children: Encourage Healthy Sleep Habits to Have a Healthy and Happy Child (Paperback)

By Yvette Green

Cedric DUFAY, 2016. Paperback. Condition: New. Large type / large print edition. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Is your child feeling restless and tired? Do you think they are experiencing sleep issues? Let them sleep like a baby with few tips and tricks packed in one book! Sleep is a natural human state that is characterized by a modified recognition and sensibility. During the state of rest, the eyes are closed and we appear to be unconscious. Children who don't have enough sleep can suffer or experience sleepiness during the daytime, which can affect their school performance and deprive them of full physical activities. They may even suffer severe effects overtime, like psychological issues. This book can help you get their sleep back to normal and develop healthier sleep habits. What else can you get from this book? o How much sleep do children need? o Importance of afternoon naps for your child o Healthy sleeping strategies for your children o Factors that affect healthy sleep Help your child develop a good and healthy sleep habit. Help them get back on track and perform at their best.



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