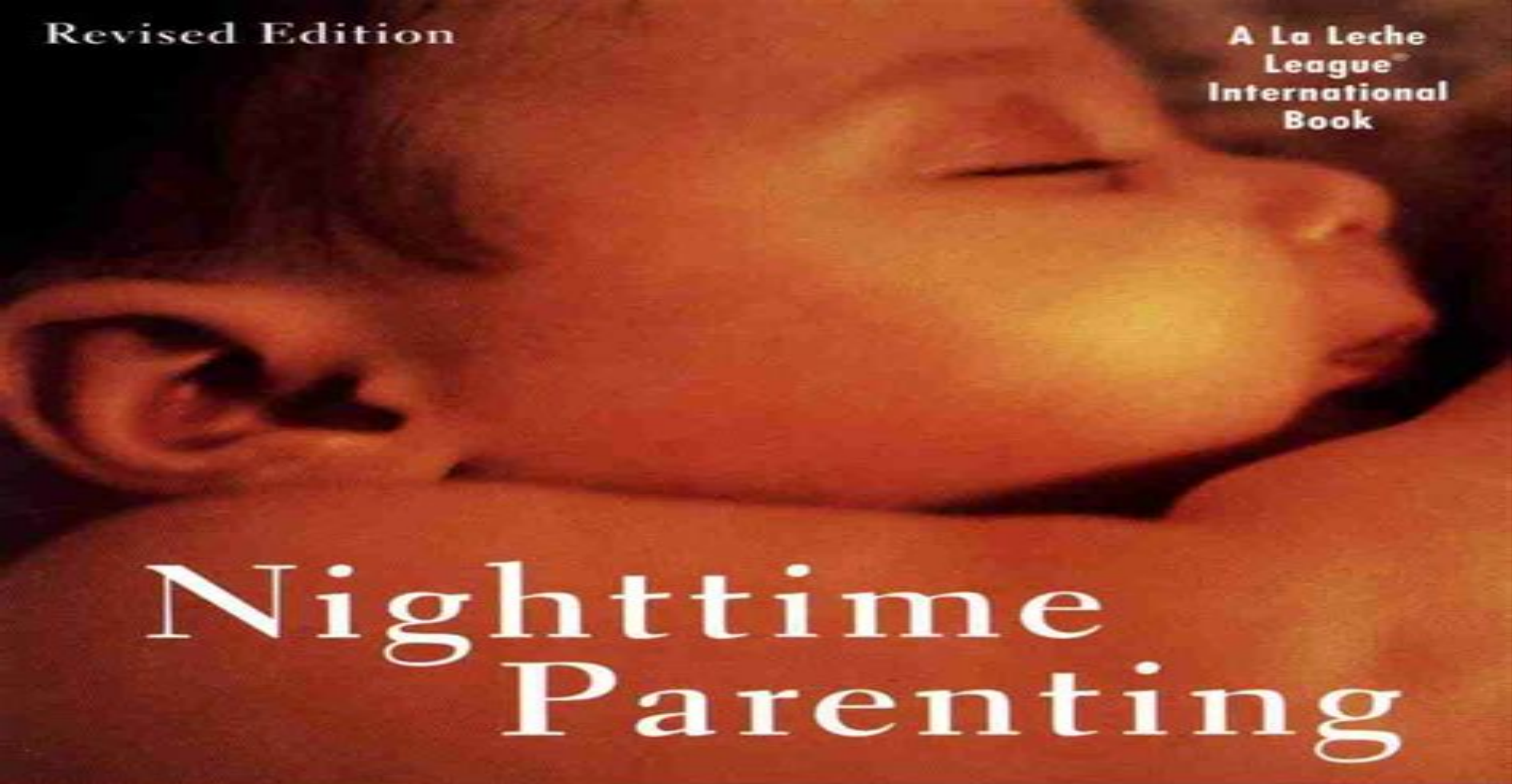


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Nighttime Parenting

How to Get Your Baby
and Child to Sleep

- Identifying high-need children • Bedtime rituals • Nightmares
- Night nursing • Parents sharing sleep • Foods that improve sleep
- Tips for single parents and working mothers • Encouraging naps
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