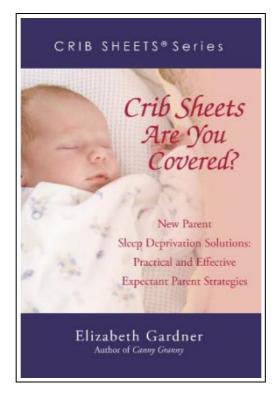
# Crib Sheets; Are You Covered?: New Parent Sleep Deprivation Solutions: Practical and Effective Expectant Parent Strategies (Paperback)



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### Reviews

The book is fantastic and great. It is rally exciting throgh looking at period of time. Your way of life period will likely be change when you full reading this publication.

(Elijah Kuphal)

## CRIB SHEETS; ARE YOU COVERED?: NEW PARENT SLEEP DEPRIVATION SOLUTIONS: PRACTICAL AND EFFECTIVE EXPECTANT PARENT STRATEGIES (PAPERBACK)



iUniverse, United States, 2004. Paperback. Condition: New. 2nd. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*TO GET MORE SLEEP, YOU VE GOT TO PLAN AHEAD! Sleep deprivation is undeniably the hardest part of parenting in baby s first months. According to the American Academy of Pediatrics, newborns feed 8 to12 times a day—that means 2 to 3-hour sleep intervals for mom and dad! Clearly, the traditional advice sleep when baby sleeps isn t enough. Crib Sheets takes you further, offering practical solutions focused on parent actions rather than those of an unpredictable newborn. Crib Sheets helps you prepare now before birth to get the most sleep possible. And before birth is the best time to prepare because you Il simply be too busy and exhausted after baby arrives. With this book you Il learn about: The secret to maximizing parent sleep Strategic placement of baby items and useful tools Making big brother or sister more self-reliant The secret to frustration-free cooking with baby Preventing sibling interruption of parent and baby nap time Accomplishing the three most common errands without your vehicle Getting your brood in and out of the car more quickly Minimizing bill payment, correspondence, and appointment time and more! Plus, each chapter features a handy tear-out crib sheet to help you prepare!.

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