

# Little On Nightweaning: The Ultimate Guide to Gentle Nighttime Weaning

Are you a sleep-deprived parent who's desperate to get your baby or toddler to sleep through the night? If so, then you need to read Little On Nightweaning.



## NURSIES WHEN THE SUN SHINES: A LITTLE BOOK ON NIGHTWEANING by Robyn Passante

★★★★☆ 4.5 out of 5

Language : English

File size : 5057 KB

Screen Reader : Supported

Print length : 8 pages

Lending : Enabled



Little On Nightweaning is the ultimate guide to gentle nighttime weaning. This compassionate and evidence-based book will teach you how to help your child sleep through the night without the need for crying it out or sleep training.

Written by a registered nurse and certified lactation counselor, Little On Nightweaning is packed with practical tips and advice that will help you:

- Understand your child's sleep needs
- Create a bedtime routine that promotes sleep
- Handle night wakings gently and effectively

- Wean your child from night feedings gradually and compassionately

If you're ready to get your child sleeping through the night, then *Little On Nightweaning* is the book for you. Free Download your copy today and start getting the sleep you deserve!

## **What's Inside Little On Nightweaning?**

*Little On Nightweaning* is divided into three parts:

1. **Part 1: The Basics of Nighttime Weaning**
2. **Part 2: How to Night Wean Your Child**
3. **Part 3: Troubleshooting Night Wakings**

In Part 1, you'll learn about the different reasons why babies and toddlers wake up at night, and how to create a bedtime routine that promotes sleep. You'll also learn about the different night weaning methods, and how to choose the best one for your child.

In Part 2, you'll get step-by-step instructions on how to night wean your child. You'll learn how to gradually reduce the number of night feedings, and how to handle night wakings gently and effectively. You'll also find tips on how to deal with common challenges, such as teething and illness.

In Part 3, you'll learn how to troubleshoot night wakings. You'll find tips on how to identify the cause of your child's night wakings, and how to develop a plan to address it. You'll also find advice on how to deal with night terrors, sleepwalking, and other sleep problems.

## **What Makes Little On Nightweaning Different?**

There are a lot of books on the market that offer advice on night weaning. But Little On Nightweaning is different because it:

- **Is based on evidence-based research.** The author, Andrea Olson, is a registered nurse and certified lactation counselor with over 20 years of experience helping families with sleep problems. She has used the principles outlined in Little On Nightweaning to help hundreds of families get their children sleeping through the night.
- **Is compassionate and gentle.** Andrea understands that night weaning can be a challenging process for both parents and children. She provides a step-by-step approach that is designed to minimize stress and promote bonding.
- **Is practical and easy to follow.** Andrea provides clear and concise instructions, and she includes real-life examples to help you understand the concepts. You'll also find helpful charts and worksheets to track your progress.

If you're ready to get your child sleeping through the night, then Little On Nightweaning is the book for you. Free Download your copy today and start getting the sleep you deserve!



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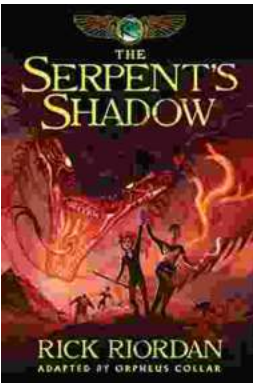
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