



# Bedtime and Nighttime Waking (Quick Reference Guides)

*Thomas Phelan*

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**Bedtime and Nighttime Waking (Quick Reference Guides)** Thomas Phelan

**From the author of the bestselling parenting book *1-2-3 Magic***

All parents realize how important good bedtime and nighttime routines are. From the author of the bestselling parenting book *1-2-3 Magic*

Getting kids to bed (and making sure they stay there!) is a challenge for many parents. In *Bedtime and Nighttime Waking*, you will learn:

- The basic method for making bedtime a success
- Ideas for bedtime rituals and routines
- Advice for what to do when your child gets out of bed
- Tips on how to deal with bad dreams and night terrors

This Quick Reference Guide is perfect for busy adults who need expert parenting advice?fast!

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