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Jill Spivack and Jennifer Waldburger have earned their reputation as two of America's leading experts on children and sleep because they give parents the key ingredients for success - a customised sleep plan, clear step-by-step instructions and plenty of emotional support.

Their 'least-cry' approach ensures that healthy sleep habits are established quickly without any guessing and without any guilt.

- Teach your child to sleep through the night and take regular naps
- Say goodbye to early morning waking
- End bedtime battles
- Find easy solutions to common problems such as teething, illness, travelling and managing multiple siblings

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