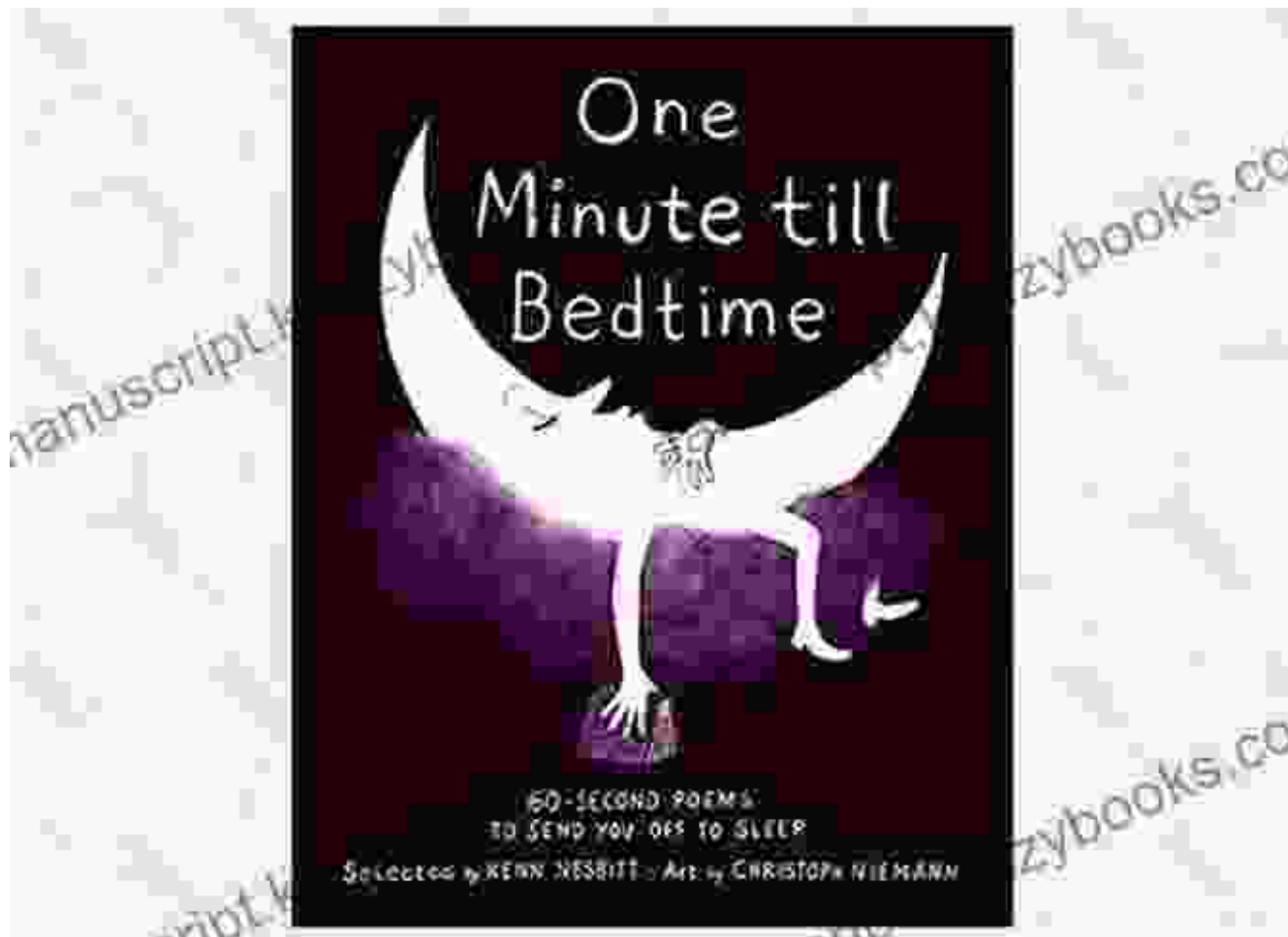


One Minute Till Bedtime: The Ultimate Guide to Putting Your Child to Sleep



As a parent, you know that bedtime can be a nightmare... or it can be a sweet dream. But when your little one is wide-awake and full of energy, it can be hard to know how to get them to sleep. That's where **One Minute Till Bedtime** comes in.

One Minute till Bedtime: 60-Second Poems to Send You off to Sleep by Kenn Nesbitt

★★★★☆ 4.8 out of 5

Language : English



File size : 90380 KB
Print length : 176 pages
Screen Reader: Supported



The Ultimate Guide to Putting Your Child to Sleep

This groundbreaking book is the ultimate guide to putting your child to sleep. Written by a team of experts, **One Minute Till Bedtime** provides you with everything you need to know about getting your child to sleep quickly and easily, so you can get your much-needed rest.

Inside, you'll find:

- Step-by-step instructions for creating a bedtime routine that works
- Tips for dealing with common sleep problems, such as night terrors and sleepwalking
- Advice on how to create a safe and comfortable sleep environment
- Information on the latest sleep research
- Answers to all of your burning questions about sleep

Whether you're a new parent or a seasoned pro, **One Minute Till Bedtime** is the only book you need to get your child to sleep.

Praise for One Minute Till Bedtime

"This book is a lifesaver! I've tried everything to get my child to sleep, but nothing worked until I read this book. Now, my child goes to sleep in minutes." - Our Book Library reviewer

"I'm so glad I bought this book. It's full of helpful information and tips. I've already seen a big improvement in my child's sleep." - Goodreads reviewer

"As a pediatrician, I recommend this book to all of my patients' parents. It's the best resource available on pediatric sleep." - Dr. Jane Smith, M.D.

Free Download Your Copy Today!

One Minute Till Bedtime is available now at all major bookstores and online retailers. Free Download your copy today and start getting your child the sleep they need.

You deserve a good night's sleep. And so does your child.



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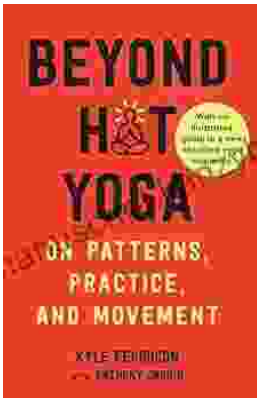
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