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The early months with a new baby are exciting and magical, but they can also be emotional and exhausting if sleep is disturbed night after night.

Baby sleep expert Charmian Mead's flexible plan, developed from work with hundreds of families, is designed to encourage baby to sleep a full twelve hours a night, *naturally*, by as early as six weeks old, without any tears. She'll show you gentle ways to encourage your baby to:

- Take active and effective feeds during the day
- Stay awake and playful in the day (not night!)
- Feel full and content day and night
- Sleep twelve hour stretches at night with no dream feed

Whether you are breastfeeding, bottle-feeding or a bit of both - and even if you have twins - Charmian's approach will make sure your baby stays awake and playful during the day and not at night!

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