

**THE GOOD SLEEP GUIDE: FOR YOU AND YOUR BABY  
(HOLISTIC PARENTING AND CHILD HEALTH)**

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Sleep 6. New details will be emailed to you. If you eliminated all sources of electric and electronic light at night, you and your baby would probably find it easier to sleep.

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If this item isn't available to be reserved nearby, add the item to your basket instead and select 'Deliver to my local shop' at the checkout, to be able to collect it from there at a later date. None of us sleep well when we're anxious or irritated, and babies are no different.

You will notice they start to stay awake a bit longer after nursing. However, most children still need naps until they are about 18 months. Do We Have a Problem?