



The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems

(Pantley)

Elizabeth Pantley

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Winner of Disney's iParenting Media Award for Best Product

"Easy naptime solutions that really work--without any tears."

Kathy Lynn, President, Parenting Today

"Naps: Children need them. Parents want them. Here are the tools to make them happen."

Maureen A. Doolan Boyle, Executive Director, MOST (Mothers of Supertwins), Inc.

Does your child:

- nap only in your arms, a sling, a swing, or the car?
- require elaborate rituals before sleeping?
- get fussy, act cranky, or have tantrums due to lack of sleep?
- take very short naps--or none at all?

Naps are important to a child's mood, well-being, and development. *The No-Cry Nap Solution* offers you a proven formula to allow your baby, toddler, or preschooler to get daily restorative rest. You'll learn gentle, loving, tear-free techniques, developed by world-renowned parenting expert Elizabeth Pantley and tested by hundreds of families around the world, guaranteed to help you:

- Convince any child to nap every day
- Effortlessly settle your child for naptime in his or her own bed
- Turn short, fitful naps into long, peaceful ones
- Establish a nap schedule that works for you and your child
- Easily adapt nap routines to your child's developing needs
- Confidently deal with sudden changes, nap strikes, and travel

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Charles Wilkerson:

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Jennie Miller:

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