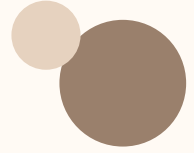


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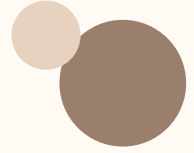
Gentle Steps to Better Sleep

A sample PDF guide for calm family nights

Sample PDF - \$0

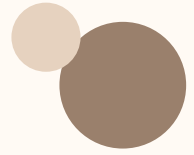
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What You Will Learn



- **01** How to read your child's sleep cues with less stress.
- **02** How to build a simple bedtime and nap rhythm.
- **03** How to choose gentle steps that fit your family values.
- **04** How to return to routine after travel, illness, or transitions.

A Calm Evening Flow



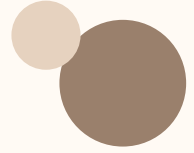
Observe Notice sleepy cues, mood, feeding needs, and energy.

Prepare Create the same gentle sequence before sleep.

Respond Support your baby with consistency and compassion.

Adjust Small changes are normal as your child grows.

Next Steps



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Warm sleep education for modern families.