

# *Sleep Well. Wake Happy.*

with **TAMIKO KELLY**



**Get More Sleep: The Step by Step Guide For Tired Mamas Who Want Their Babies To Sleep Through The Night But Don't Know Where To Start**

## **5 Mistakes Busy Moms Make When Sleep Training (and how you can avoid them)**

### **Mistake 5**

**You can avoid it by:**

### **Mistake 4**

**You can avoid it by:**

### **Mistake 3**

**You can avoid it by:**

### **Mistake 4**

**You can avoid it by:**

### **Mistake 5**

**You can avoid it by:**

## **How to help your baby fall asleep without feeding her all night long**

**Step 1: The foundation**

**Step 2: The work**

**Step 3: The implementation**

**Step 4: The bonus step**

**My answers to your most commonly asked baby sleep training questions**

**Question 5:**

**My answer:**

**Question 4:**

**My answer:**

**Question 3:**

**My answer:**

**Question 2:**

**My answer:**

**Question 1:**

**My answer:**

**How to get your baby sleeping through the night with 7 simple steps**

**Step 1:**

**Step 2:**

**Step 3:**

**Step 4:**

**Step 5:**

**Step 6:**

**Step 7:**